

# YOGA RETREAT MALDIVES

with Jackie Avis, Duniye Spa Maldives



Yoga is a way of life based on ancient Indian philosophy. A way of integrating your whole being so that all aspects of your life work in harmony. Yoga is a complete system for living life and conscious evolution, thus helping to create balance in your life whilst creating a flexible mind and body. The word 'yoga' derives from Sanskrit root 'yui' meaning 'union'; the joining of all powers of the body, mind and soul. Yoga brings health, wellbeing and ultimately happiness to our lives.

Asanas (physical postures), pranayama (breath control) and meditation are the primary aspects of this Hatha Yoga Retreat.

Duration: 4 days, daily 2 sessions (at 1, 5 hours each)

Duniye Spas Hatha Yoga Retreats will be held at the following resorts:

Resort	Date
Kuredu Island Resort & Spa	14 <sup>th</sup> to 17 <sup>th</sup> September 2010 4 <sup>th</sup> to 7 <sup>th</sup> January 2011
Meeru Island Resort	12 <sup>th</sup> to 15 <sup>th</sup> October 2010 8 <sup>th</sup> to 11 <sup>th</sup> March 2011
Mirihi Island Resort	14 <sup>th</sup> to 17 <sup>th</sup> December 2010 15 <sup>th</sup> to 18 <sup>th</sup> February 2011
Veligandu Island Resort & Spa	16 <sup>th</sup> to 19 <sup>th</sup> November 2010 1 <sup>st</sup> to 4 <sup>th</sup> February 2011
Vilamendhoo Island Resort	25 <sup>th</sup> to 29 <sup>th</sup> January 2011

For more information and detailed program, please contact/email us:  
duniyespasdirector@meeru.com or duniyespa@kuredu.com

