

Talalla Retreat *Sri Lanka*

ESSENTIAL FUNDAMENTALS

BY SARAH ROBINSON

This workshop is designed for those new to yoga as well as advanced practitioners who are looking to refine their practice. Take this opportunity to explore your own innate ability to heal yourself and deepen your practice through alignment. We will mindfully revisit a number of poses and learn how to be more effective and efficient.

In this workshop we will focus on:

- Breath Awareness
- Sun Salutations
- Standing Poses
- Hip Openers
- Forward Bends
- Backbends
- Inversions

Please join us and introduce yourself to a whole new Yoga experience!

Dates: November 23rd – 29th 2010

Booking Contact: info@talallaretreat.com

Cost: All our retreat costs include the seven day retreat, six night's accommodation, meals & two massages:

\$750 per person sharing (double or twin)

\$950 per person single

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