

# Talalla Retreat *Sri Lanka*

## PARTNER YOGA RETREAT

BY SARAH ROBINSON

*“Coming together is a beginning. Keeping together is progress. Working together is success.” -Henry Ford*

### Come and play during our Partner Yoga retreat!

It is said that we are here to be mirrors for each other. That through the reflection of others we can better see ourselves.

Join us as we work together to explore a variety of different poses. This workshop is great for couples or friends. All levels are welcome as we weave through thoughtfully sequenced practices designed to open you up, not just to the greatest potentials of the self, but to each other as well.

This workshop will include:

- Forward Bends and Shoulder Openers
- Hip Openers
- Inversions
- Backbends
- Twists

Each day we will open with a guided meditation to cultivate a deeper connection to ourselves and those around us.

**Dates:** December 13<sup>th</sup> – 19<sup>th</sup> 2010

**Booking Contact:** [info@talallaretreat.com](mailto: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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