

# Ashtanga amp Yin Yoga Retreat in Western Algarve, Portugal.



Location

Yorkshire and the Humber, West Yorkshire

<https://www.freeadsz.co.uk/x-510696-z>



Ashtanga & Yin Yoga Retreat in Western Algarve, Portugal. 21st-28th October 2017 A full week of morning Ashtanga sessions, early evening Yin classes with Yoga Nidra & afternoon posture workshops. Accommodation is in our luxury eco-retreat centre, set in 13,000 square metres of land and overlooking the beautiful Cabanas Velhas beach. £800 per person sharing a luxury twin bedded room with decked terrace and en-suite wet-room. Price includes all yoga sessions, 7 nights accommodation, energy snacks, brunch, afternoon cake, herbal teas & bottled water, evening meal & a VIVA Retreats goody bag. For more information visit: <https://www.facebook.com/events/1475920152419241/?ti=icl>  
[www.vivaretreatsalgarve.co](http://www.vivaretreatsalgarve.co)



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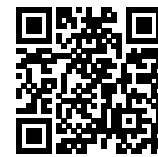
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