



SAVE £200! JOIN US IN SUNNY CANARIES FOR EXCLUSIVE LUXURIOUS SMALL & FRIENDLY
RETREAT 25TH NOVEMBER-2ND DECEMBER. SUIT ALL ABILITIES

It is hard to know which Retreat to book with so many out there. With return guests & these reviews you can be assured of the perfect divinely relaxing space, recharge, 'you time', tuition, attention, accommodation & so much more. Go on spoil yourself-You deserve it!

"Surpassed all expectations, I'm totally renewed. Small classes well structured and I loved the restorative yoga. Meditations were the best I have experienced. The villa - well, so beautiful and peaceful with the WOW factor. Thank you once again" Mark Rogers

"Felt so relaxed & renewed. As a beginner & first Yoga retreat I can recommend it to anyone. Will be going again for sure!" Diane

- *Superb EnSuite Accommodation in Stunning Villa
- *Direct Access to Private Pool & Roof top Jacuzzi
- *Mornings Energising Yoga & Enlightening Meditations
- *Evenings Restorative Yoga & Guided Visualizations
- *Delicious Evening Meals
- *Detox Smoothies & Brunches Daily
- *Starry Skies & Meditations From Panoramic Private Roof Terrace

~~*Superb Restaurants Shops Stunning Beaches Fabulous Scenery~~




















Call Janette for Brochure 07904130446 079041304...(click to reveal full phone number)

Sleep to Be, Re-press/ 17-z
Speed to Be, Re-press/ 17-z
to contact www.mindandbodyconnections.co



Better Sleep, Happiness, Calm, Space
to Think amp Just
Be, Recharge, Relax, Restore
<https://www.freedtts.co.uk/R-5578>
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