



namastay

Yoga Retreat

7th - 13th March 2015

Paternoster, Cape Town



www.namastayoga.com

Life is about balance



Refresh your mind, rejuvenate your body and fulfill your soul by sharing in the joy of living a complete and balanced lifestyle. Wake up to the sound of the ocean from luxury accommodation of quaint and cozy cottages or beach houses. Feel the sand between your toes, as you walk to a Bedouin tent for your daily Yoga practice.

*We explore the freedom to satisfy all your personal desires. Unroll your mat in the Bedouin tent with uninterrupted beach views, relax to the latest deep sounds from Ibiza at our vibrant Juice Bar and visit the local restaurants in the Village for your Re-Tox. The key to health and happiness is all about balance! **Namastay.***

www.namastayoga.com



FULL YOGA RETREAT

€1100

4 Bunks shared

€1450

Twin shared

€1600

Double en-suite

€1750

Single en-suite

*This yoga retreat
takes place from
7 - 13 March 2015*