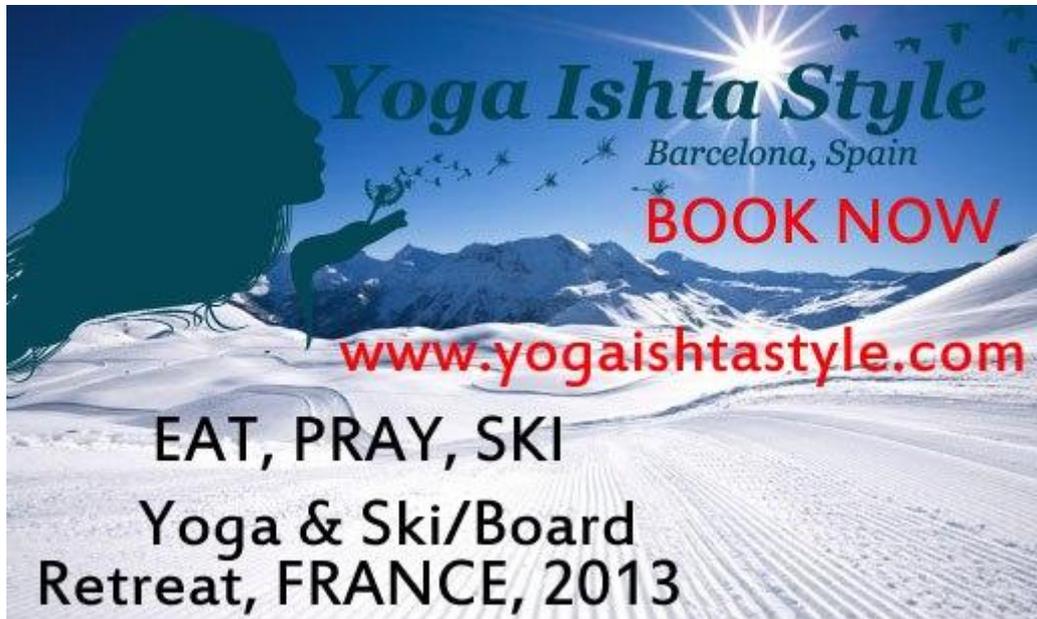
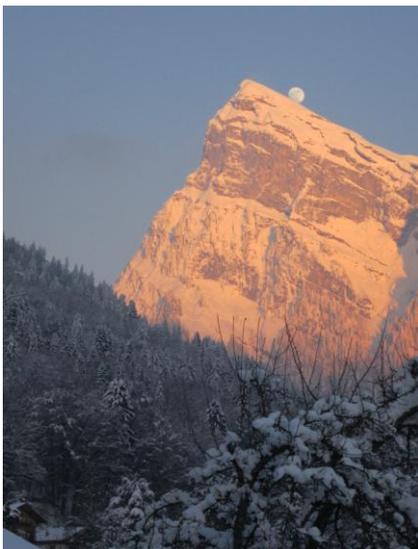


***** "EAT, PRAY, SKI" 2013 *****
Yoga and Skiing/ Boarding Retreat
Shorter Stay Options Now Available.
3 or 4 day Ski/ Snowboarding and Yoga Packages.
In the FRENCH Alps
Choose from 3 night ski/ board and yoga package (Feb 2nd - 5th)
or
4 night ski/board/ yoga AND spa package (Feb 5th-9th)



Want a Ski and Snowboarding getaway next year combined with Yoga but can't join for a whole week? Yoga Ishta Style is now offering two more package options to join the EAT, PRAY, SKI retreat next year in the French Alps in early February 2013. We practice yoga each morning in the Dojo that offers a wonderful spacious studio for our daily yoga practice and is conveniently located to the ski resort of Samoens where you can ski in the Massif or Grand Massif. Just over an hour away from Geneva airport, we will meet you there and then your holiday with us begins. All you need to go is get yourself to Geneva airport (best times provided) and we will take care of the rest. We book all your ski hire and organise your lift pass. Private ski tuition available if desired. We want your week away to run as smoothly as possible.



3 NIGHT PACKAGE INCLUDES:

3 nights share accommodation,
2 x ½ day ski lift pass and 2 day equipment hire.
Airport transfers from Geneva, all breakfasts and dinners, daily yoga, relaxation, meditation sessions, yoga nidra and more.

PRICE: £399

* Discounts applied for non-skiers/ boarders. SEE Below.

4 NIGHT PACKAGE INCLUDES:

4 nights share accommodation,
2 x ½ day ski lift pass and 2 day equipment hire.
Day trip to Italy and full day entry to Thermal Spa. You can spend all day soaking and relaxing.
Airport transfers from Geneva, all breakfasts and two dinners, (we eat out on two nights. Once in Italy and once at a special typical farmhouse) daily yoga, relaxation, meditation sessions, yoga nidra and more.

PRICE: £499

* Discounts applied for non-skiers/ boarders. SEE Below.

* Up to £90 deduction off price if you select package without lift pass or equipment rental



* **Discounts applied if not skiing/ no hire needed.**

OPTION A: You are skiing but you have your own equipment. Deduct £30 from total price.

TOTAL £369 3 day package/ £469 4 day package

OPTION B: You are not skiing and don't need any equipment. Deduct £90 if not skiing or no need for equipment

TOTAL £309 3 day package/ £409 4 day package

Accommodations are shared either in Triple room share/ Double room with single bed/ or Dorm with six beds. Single supplement: add 50% to full price. (Only one available)

THE YOGA

Raphaella Rose of Yoga Ishta Style is passionate about her work and aims to create a space (in her classes) where students can use their individual intelligence stored in muscles, emotions and memories to guide them in finding beauty and their own power. She teaches in a friendly and accessible way for students of all ages and levels. Raphaella has practiced yoga for 14 years and taught regular classes and workshops for 7 years in yoga studios in Australia, England (including The Life Centre) and Spain. Influences are drawn from ISHTA Yoga, Anusara Yoga and their teachers Alan Finger, Rachel Zinman and John Friend.



THE FOOD: The retreat menu is based on vegetarian and Ayurvedic cooking. Prepared with love by Selina Gullery, also a yoga teacher. The food will include lots of fresh local and organic produce and whole grains to keep us energised for the week. Selina was initiated into intuitive cooking by Swami Samarpanananda Saraswati, who taught her how to continue her yoga practice in the kitchen using the best ingredients, awareness and love.

SAMPLE MEAL: Breakfast- Muesli, yoghurt, nuts & seeds, fresh fruit salad, bread, cheeses, jams. Yogi Porridge (millet, spelt with dried fruits and Ayurvedic spices), scrambled eggs or French omelette with fresh herbs. Chai tea. **Dinner-** Eggplant gratin (w/parmesan), roasted potatoes with rosemary, roasted tofu strips. Chickpea salad with herbs. Main meals will

vary every day. Lunches will either be "make your own" from a big spread of food provided (so bring a sandwich box/ tupperware)- this way you can choose exactly what you want to eat! OR: there could be three pre-made sandwich days and three days eating at hut on the mountain. This is a guide only, and is subject to change.



Pack your own lunch



Welcome apero!



Selina cooking up a storm

A SAMPLE DAY:

7.30 am - Morning yoga and Meditation

9.00 am – Healthy breakfast buffet

9.30 am – 10.00am Transfers to the ski area

10.00am- 4.30pm- SKI TIME

6.00 pm- Free time / jacuzzi / relax / massage

7.00-8.00pm Post yoga stretch session

8 pm – 3 course healthy vegetarian meal

9.30 pm - Yoga nidra (guided lying down relaxation)/ Meditation

*** Note: some times may change slightly depending on day activity



PHOTOS: The hot tub



Exterior Chalet



The dojo

ALSO BUDGET FOR: Flights to Geneva, some lunches and some dinners (depending on package)

OTHER OPTIONAL EXTRAS (we can help to book/ organise this): Private session with Raphaella, Massage Treatment session (in Samoens or at farmhouse/ dojo). For more info on Samoens including activity ideas, go to <http://www.samoens.com/anglaishiver/INDEX/index/index.html>

If you are not a skier or snowboarder, there are other activities in the village and snowshoeing, or you are welcome to relax in the farmhouse in between the yoga sessions. This is your holiday after all!

WEBSITE: www.yogaishtastyle.com

To <http://www.yogaishtastyle.com/retreats-book-now>

To hold your place, complete registration form at <http://www.yogaishtastyle.com/retreats-book-now> and send deposit of £250. Details are all online. Please add if you are taking the discount option A or B on the registration form. Following holding your place more details will be sent to you. Namaste, Raphaella



PHOTOS: Entrance to DOJO

Evening meals at shared table

