

SUMMER & WINTER YOGA & PILATES WEEKEND RETREAT

Friday 10TH - Sunday 12TH July 2009

AND

Friday 13th – Sunday 15th November 2009

@ The Haybergill Centre Cumbria



Enjoy a warm Summer and/or crisp Winter break with us at the Haybergill Centre, Cumbria. The retreats will offer Yoga (dynamic flow, Yin & Hatha Yoga) Pilates, Meditations, Relaxation, Pranayama (breath practices), walks, talks lovely food, warm company and lots of fun.

Limited spaces due to nature of retreat.

**£225 – this price includes 2 nights accommodation, all classes, and meals.
£100 non-refundable deposit required - Please read T & C's overleaf**

Sadhana Ali

www.sadhanayoga.co.uk

07870 694 533 Sadhana@sadhanayoga.co.uk

SUMMER & WINTER YOGA & PILATES WEEKEND RETREAT



Friday 10TH- Sunday 12TH July 2009

AND/OR (please tick)

Friday 13th – Sunday 15th November 2009

Name:.....

Address:

.....
.....

Contact Telephone number and mobile:

.....

Email

.....

Special Diet? Food is vegetarian

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Car sharing MAY BE available but is not guaranteed – please tick:

if you have a car and would be able to car share Or need a lift

**£100 NON-REFUNDABLE DEPOSIT Cheques payable: SADHANA ALI
54 ROBERTS STREET ECCLES MANCHESTER M30 0FX**

Cancellation Policy

Cancellations made within 4 weeks of the retreat, 50% of the balance will be charged (balance £125, 50% will be payable), (no transfers). If cancelled within 2 weeks of the retreat 75% of balance will be charged. Refunds will be processed after the retreat. Cancellation policy is firm. £100 deposit non refundable

Limitation of Liability

Sadhana Yoga cannot be responsible nor liable for any injury, loss or damage of property, or disruption to program beyond the control of Sadhana Yoga.

Balances £125 due 6 weeks before retreats

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