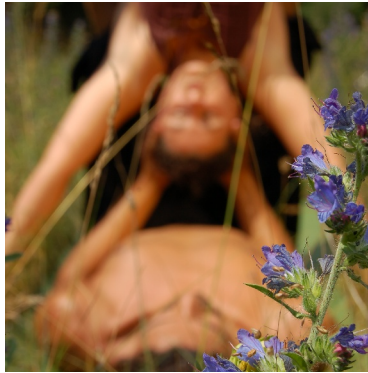


THE SYNERGY

Yoga Retreat with AcroYoga and more
with Sophia, Winni, Babs and Leigh

20. - 26. August 2011
Höllbachhof, Bavarian Forest



THE PROGRAM

Join us at the magic Höllbachhof (www.hoellbachhof.net) for a week of yoga, healing, meditation, thai massage, Acro Yoga, Kirtan and more... Enjoy Yoga and other moving arts in beautiful nature together with like-minded people from different countries. With their different knowledge and background, the yoga teachers Sophia, Winni, Babs & Leigh will offer you a retreat full of relaxation, love and fun. Let us create a world of positivity that we can cultivate in our lives and spread to those around us! Om Shanti.

THE TEACHERS

Babs and Leigh live on a farm in South Germany where they dream of building a retreat center. They are both yoga teachers (2-years teacher training, Yoga Vidya) and practice Massage and Healing. They work as outdoor trainers and combine that with yoga, bodywork and self-development. Babs is also a physiotherapist. Check out their website www.kalaayana.de.

Winni & Sophia are both yoga (Hatha and Vinyasa flow) and thaimassage teachers, who are able to transmit their joy and knowledge to students in a deep yet playful way. They give classes and workshops together in Munich, Germany and internationally. Sophia is also an AcroYoga teacher. Check out their current tour schedule, at www.flying-yogis.com



REGISTRATION:

Mobile: +49 (0) 151 15412008 (Babs)

Mobile: +49 (0) 179 4325545 (Winni)

Email: thesynergyretreat@gmail.com

PRICES:

Including accommodation in shared rooms and 3 organic vegetarian meals a day

Early Bird (until July 1st, 2011)

650.-€

Normal Price

700.-€