

# Entering the Spirit of Togetherness

All Inclusive Retreat 26-29<sup>th</sup> December  
2011 at Parsons House, Derbyshire.



- Kundalini Yoga Sadhana
- Guided Walks in the Peak
  - Kundalini Yoga
  - Hearty Winter Food
  - Meditations
  - Relaxation Times
- Wonderful Company

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PTO

After the Christmas rush, why not indulge yourself in an all-inclusive retreat surrounded by the natural beauty of the Peak District National Park

We aim to give you the space to relax and prepare for the coming year.

Evening therapies are offered at a reasonable extra cost.

Investment is set low at £165 (£150 if you take your own bedding) for the three nights to get the full experience.

There are also limited options to join us for two nights, a night or even a day, please contact me for costs and availability.

We wish you a smooth Xmas shopping journey and hope to see you after the wrapping paper has been squeezed into the blue bin!

[www.yogalove.co.uk](http://www.yogalove.co.uk)

Facebook Page: YogaLove Sheffield