

# Better Sleep, Happiness, Calm, Space to Think amp Just Be, Recharge, Relax, Restore Sp



Location **South East, West Sussex**  
<https://www.freeadsz.co.uk/x-557817-z>

SAVE £200! JOIN US IN SUNNY CANARIES FOR EXCLUSIVE LUXURIOUS SMALL & FRIENDLY RETREAT 25TH NOVEMBER-2ND DECEMBER. SUIT ALL ABILITIES

- \*5 Day Option Available
- \*One double ensuite room left
- \*Bookings being taken for September 2018

It is hard to know which Retreat to book with so many out there. With return guests & these reviews you can be assured of the perfect divinely relaxing space, recharge, 'you time', tuition, attention, accommodation & so much more. Go on spoil yourself-You deserve it!

"Surpassed all expectations, I'm totally renewed. Small classes well structured and I loved the restorative yoga. Meditations were the best I have experienced. The villa - well, so beautiful and peaceful with the WOW factor. Thank you once again" Mark Rogers

"Felt so relaxed & renewed. As a beginner & first Yoga retreat I can recommend it to anyone. Will be going again for sure!" Diane

- \*Superb EnSuite Accommodation in Stunning Villa
- \*Direct Access to Private Pool & Roof top Jacuzzi
- \*Mornings Energising Yoga & Enlightening Meditations
- \*Evenings Restorative Yoga & Guided Visualizations
- \*Delicious Evening Meals
- \*Detox Smoothies & Brunches Daily
- \*Starry Skies & Meditations From Panoramic Private Roof Terrace

\*Superb Restaurants Shops Stunning Beaches Fabulous Scenery

For Further Details  
 NOW 17-21st and NOV 24-29th from Sun 10am  
 SPECIAL Offer £2495  
 Reputable Partner of Lu  
 Call Janette for Brochure 07904130446 079041304... (click to reveal full phone number)

Contact  
[www.mindandbodyconnections.co](http://www.mindandbodyconnections.co)

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