



AMAZING SPIRITS YOGA RETREAT: TUSCANY

APRIL 27 - MAY 5, 2014



Join **Rashmi Biswas** and **Rose McIntosh** for the Amazing Spirits Yoga Retreat set in magical Tuscany, Italy. Staying at Ebbio, near Florence, in a restored 14th-century farmhouse, this 9-day adventure includes the unique Amazing Spirits Yoga program and various local cultural and culinary experiences.

SAVE \$75 PP – BOOK BY DEC 15TH

FLORENCE • EBBIO • PIENZA • MONTEPULCIANO

9 DAYS
\$3,285

CAD\$ per
person in
double occupancy

Package includes: roundtrip airfare from Toronto, transfers to Ebbio, 7 nights accommodation, touring in Tuscany, breakfast and dinner daily, hotel and airport* taxes.

*Airport taxes subject to change.

Amazing Spirits Yoga Program Highlights:

- Daily Hatha Flow Classes ●
- Yoga Nidra ●
- Meditation ●
- Reiki Massage ●
- Self-Development Workshops ●
- Pranayama Techniques ●

To reserve your space today, contact Rashmi or Rose:



Rashmi Biswas, RYT 200
Tel: (289) 929 - 0216
rbiswas@lakeandassociates.ca



Rose McIntosh, E-RYT 200
Tel: (289) 241-5488
rose@kindredspiritryoga.com