

AERIAL YOGA *Mindfulness* & YOGA THERAPY RETREAT

DETOX · RELAX · RECHARGE
IN THE HEART OF THE ALGARVE, PORTUGAL
10-17TH OCTOBER 2015



Twice daily sessions
OF AERIAL YOGA AND YOGATHERAPY
AND MINDFULNESS MEDITATION

Explore the relationship
BETWEEN YOGA AND THE PSYCHOLOGY
OF EMOTIONS

Learn techniques
TO HELP MANAGE YOUR HEALTH
AND IMPROVE WELL-BEING

Enjoy the mountainside
AND SEASIDE SURROUNDINGS, BEAUTIFUL PLACES
TO VISIT AND TRIPS

Land art activities

Eco-friendly
WORKSPACE UNDER OLD TREES,
RELAX BY THE POOL LAYING IN THE SUN,
AND A SWEAT LODGE COMPLETE THE VALLEY

PRICE INCLUDES DELICIOUS ORGANIC VEGETARIAN FOOD (BREAKFAST, LUNCH AND DINNER)



- Accommodation** MONTE MARIPOSA IS A RESIDENTIAL RETREAT CENTRE IN THE HEART OF THE ALGARVE. THE CENTRE IS LOCATED IN A BEAUTIFUL VALLEY, WHICH CREATES THE SUPPORTIVE ENVIRONMENT. ACCOMMODATION IS BASED ON SHARING (SINGLE SUPPLEMENT AVAILABLE).
- THE CENTRE OFFERS A WARM AND LARGE YOGA SPACE AND THERE'S PLENTY TO EXPLORE IN THE SURROUNDING AREA, ALSO ADDITIONAL COMPLEMENTARY THERAPIES SUCH AS REIKI, AYURVEDA MASSAGE AND CRANIOSACRAL THERAPY.
- Individual approach** THE MAIN FOCUS IS TAILORING THE PRACTICE ON YOUR SPECIFIC NEEDS. THE RETREAT AIMS TO HELP YOU GAIN GREATER FLEXIBILITY AND CORE STRENGTH, WHILE ALSO ENCOURAGING THE DEVELOPMENT OF A DEEPER UNDERSTANDING OF YOUR BODY, MIND AND EMOTIONS, IN ORDER TO ACHIEVE A SENSE OF WELLBEING AND INTEGRITY. PARTICIPANT NUMBERS FOR THE RETREAT ARE LIMITED SO AS TO ALLOW SPACE TO OFFER SUFFICIENT TIME TO EVERYONE IN ORDER TO PERFORM FURTHER DEVELOPMENT INTO THE PRACTICE.
- BEGINNERS ARE WELCOME AND NO PREVIOUS YOGA EXPERIENCE IS NECESSARY.
- Price £649 includes** SEVEN NIGHTS ACCOMMODATION, FOUR HOURS OF DAILY YOGA PRACTICE AND MINDFULNESS MEDITATION, PSYCHOLOGY OF EMOTIONS LECTURE AND ART ACTIVITIES AND THREE AMAZING VEGETARIAN MEALS AND HOSPITALITY.
- IF YOU HAVE SPECIAL MEAL REQUIREMENTS LET US KNOW IN ADVANCE IN ORDER FOR IT TO BE INCLUDED IN THE MENU.
- FLIGHTS TO FARO AND TRANSFERS ARE NOT INCLUDED. TRANSFERS FROM THE AIRPORT SUPPLEMENT AVAILABLE.
- Getting there** EASYJET, MONARCH AND BRITISH AIRWAYS HAS FLIGHTS FROM LONDON TO FARO. DIRECT FLIGHTS FROM LONDON ARE LESS THAN TWO HOURS DURATION.
- TRAVEL INSURANCE- LIABILITY OF GUEST.
- AERIAL YOGA LONDON WILL NOT BE LIABLE FOR ANYTHING WITH REGARD TO TRAVEL TRAINS, AIRPORTS AND DELAYS..
- Deposit** DEPOSIT OF £250 CAN BE MADE ONLINE VIA BANK TRANSFER OR BY CHEQUE IN ORDER TO SECURE YOUR PLACE.
- SIMPLY EMAIL US AND WE WILL SEND YOU A BOOKING FORM AND PAYMENT DETAILS.
- PARTICIPANTS NUMBERS FOR THE RETREAT ARE LIMITED.
- Cancellation Policy** PAYMENTS ARE REFUNDABLE UP TO 10 WEEKS BEFORE THE RETREAT DATE-REFUNDS ARE SUBJECT TO A £100 HANDLING CHARGE. 50% REFUNDABLE IF CANCELLED 10 -8 WEEKS IN ADVANCE. PAYMENTS ARE NOT REFUNDABLE AFTER THIS.

RICHARD HOLROYD

HAS BEEN LEADING AERIAL YOGA CLASSES SINCE 2011, WHICH PROBABLY MAKES HIM THE UK'S MOST EXPERIENCED AERIAL YOGA TEACHER. A TEACHER OF OTHER STYLES OF YOGA - ASHTANGA & SIVANANDA - SINCE 2006. HE ALSO BRINGS THE EXPERIENCE OF HAVING SPENT 6-YEARS LIVING IN BUDDHIST AND-HINDU COMMUNITIES TO HIS TEACHING, INCLUDING THREE YEARS LIVING AS A THERAVADEN BUDDHIST MONK. THIS ALLOWS HIM TO BRING THE MENTAL AND THE PHYSICAL ASPECTS OF YOGA PRACTISE TOGETHER - THEY COME TOGETHER AT THE HEART. HOPEFULLY THIS RETREAT WILL BE VERY GOOD FOR YOUR HEART AND ALL OF THE RELATIONSHIPS IN YOUR LIFE, BEGINNING WITH THE MOST IMPORTANT ONE -THE ONE YOU HAVE WITH YOUR OWN BODY.

RAQUEL CHINCHETRU

IS A QUALIFIED YOGA TEACHER AND A YOGA THERAPIST. SHE COMPLETED A TWO-YEAR YOGA THERAPY DIPLOMA COURSE. RAQUEL ALSO HOLDS ADDITIONAL THERAPEUTIC YOGA TRAINING WITH MUKANDA STILES IN YOGA AND AYURVEDA, WELL-WOMAN YOGA WITH FRANCOISE FREEDMAN, PREGNANCY AND POSTNATAL YOGA WITH UMA DINSMORE -TULI, YOGA FOR POST-TRAUMATIC STRESS DISORDER FROM THE WORLD RENOWNED BOSTON TRAUMA CENTER AND MIND-BODY THERAPY TRAINING, WITH YOGA THERAPY FOR THE MIND. RAQUEL ALSO HOLDS A DEGREE IN PSYCHOLOGY, A MASTER'S DEGREE IN HUMAN RESOURCES AND A MSC IN HEALTH PSYCHOLOGY AT THE UNIVERSITY OF WESTMINSTER. RAQUEL HAS RECENTLY FINISHED A DEGREE IN FINE ART. RAQUEL HAS A GENTLE, FRIENDLY AND OPEN TEACHING STYLE.

FOR FURTHER INFORMATION

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