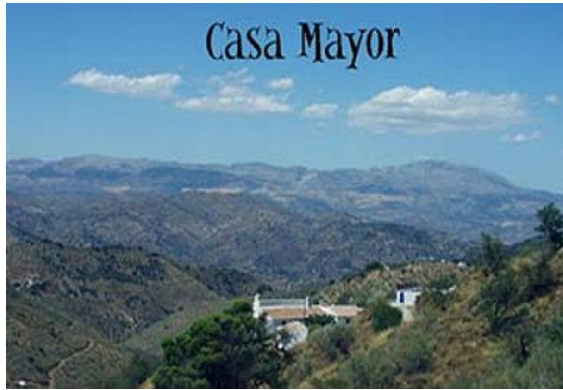


Iyengar Yoga Holiday in Southern Spain

with Bonar Hutchison

@ Casa Mayor 5th – 12th May 2007



Casa Mayor is an old Spanish finca set in approximately 60 acres of its own mountainside. It is situated in the Montes de Malaga, an area of great natural beauty only 45 mins from Malaga airport and 30 minutes from the coast. The farmhouse has been carefully restored and retains much of its original character.

The accommodation is either in purpose built twin en-suite rooms or in rooms in the main house with shared facilities. There is plenty of space to relax, whether unwinding by the swimming pool with stunning views over the mountains or whilst wandering and enjoying the magnificent vistas and tranquil surroundings. There are areas to gather and chat and get to know the other students but also enough space for solitude and peaceful reflection.



The well-equipped yoga hall is spacious and airy and has been designed to remain cool even in the heat of summer. Each day there will be two sessions of yoga. The day will begin with a pre-brunch session with a sequence of asana and then in the late afternoon there will be a session of restorative asana and pranayama before dinner.

There will be one full day off in the week to allow exploration of the Malaga region.

Nearby is the mountain top village of Comares, one of the famous Moorish "pueblos blancos". The stunning city of Granada with its Alhambra palace is a possibility for a day trip and closer to home there is also Lake Vinuela, the many mountain villages, Malaga town itself and of course the beaches. The area is also fantastic for people interested in birds and Spanish wildlife and for walkers or for those interested in experiencing a taste of Andalusian lifestyle and traditions.

The cost of the holiday is £450. A £150 deposit (non-refundable) will secure your place. The full balance is due by 5th April 2007.

The price includes accommodation, all yoga tuition and vegetarian brunch and dinner every day (as well as a 24hr facility for tea, coffee & herbal teas etc.).

The nearest airport at Malaga is regularly serviced by flights from major cities all across the UK and is only 45 minutes away from Casa Mayor. Participants will need to book their own travel and travel insurance.



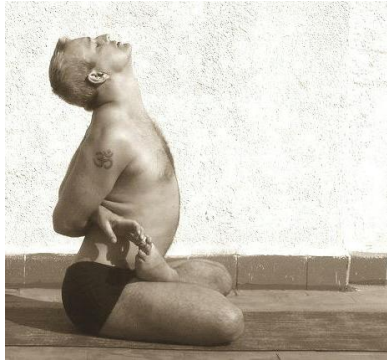
For more information about Casa Mayor Yoga Holiday with Bonar Hutchison e-mail Mak at: yogasarvasya@yahoo.co.uk or call 0141 427 4077

www.yogasarvasya.com

Iyengar Yoga Holiday in Southern Spain

with **Bonar Hutchison**

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Bonar Hutchison: Iyengar Yoga Teacher

Bonar first began to practice and study yoga over twenty years ago. Bonar qualified as an Iyengar teacher in 2002 and at present he is working to complete his Intermediate Junior certification. Over the years he has studied with many well-known international advanced and senior teachers. In July 2006 he studied at the Ramamani Iyengar Yoga Institute in Pune, India. In August 2006 Bonar and his partner Mak opened Yogasarvasya Studio in the West End of Glasgow. Casa Mayor will be the second Yogasarvasya yoga holiday to Southern Spain.

Cost:

The cost of the holiday is £450 per person. This includes all yoga tuition, accommodation and vegetarian brunch and dinner (dinner on day of arrival and breakfast on day of departure). Travel and insurance not included in cost.

A deposit of £150 will secure your place on the holiday. Full payment is due by 5th April 2007.

More Info:

For any further information visit www.yogasarvasya.com e-mail Mak at yogasarvasya@yahoo.co.uk or telephone: 0141 427 4077



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Booking Form

Name _____
Address _____

Telephone No. _____
Mobile No. _____
Emergency Contact No. _____
E-mail address _____

I enclose a cheque payable to Yogasarvasya for:

- £150 Deposit (non-refundable).
- £450 Full Payment (includes £150 non-refundable deposit)

Send to Mak Mourad, 3/2, 19 Merrick Gardens, Glasgow G51 2TN

For more information about Casa Mayor Yoga Holiday with Bonar Hutchison e-mail Mak at: yogasarvasya@yahoo.co.uk or call 0141 427 4077
www.yogasarvasya.com