

VERKKORANTA.FI

Yoga Retreat 3rd - 5th of July, 2015!

Find strength in the body and mind with yoga and indian vegetarian food in the organic holiday island at Hirvensalmi.

All inclusive wellness weekend includes:

- ❖ Accommodation for two nights
- ❖ 2 yoga classes on Saturday (detox day) and on Sunday (peace of mind and body)
- ❖ Morning meditation and flow (120 minutes).
- ❖ Evening yin yoga (120 minutes).
- ❖ Sauna yoga on Friday and Saturday
- ❖ Free access to two story sauna
- ❖ All meals and drinks
- ❖ Price **360€** (incl. VAT)



Our Yoga instructor [Leticia Curiel](#) is a Spanish yoga teacher living in Helsinki. She has been trained as a hatha, flow and yin yoga teacher.



Our chef for the weekend is [Miro Muniraja Sarola](#). The menu consists mainly of Indian vegetarian food.

Contact information
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Please visit our website for more information: www.verkkoranta.fi