

magical yoga retreat

Austria

Yoga with Mitra in Graz, AUSTRIA, Nov 29-Dec 9, 2012
(second largest city in Austria after Vienna)

Mark your calendars for the second annual workshop in Graz! Graz is a historic city, filled with museums, parks, and castles. Our hotel is a short walk to the most beautiful yoga studio (www.cityyoga.at).

Join Mitra for 10 days of yoga, with the middle, day off (so 5 days of yoga, Nov 29-Dec 3; Dec 4th off; then five days of yoga, Dec 5-9). There will be plenty of time to explore the charming city of Graz!



Mitra Tredway started her spiritual journey at 13, and began to teach at 17. She has been teaching the Iyengar system of yoga for 22 years. Her classes combine Sufism, Siddha Yoga and the Iyengar system. She teaches ongoing classes in Santa Cruz, CA, India, and Mexico.



Information

\$2150 if paid by September 15th and
\$2350 if paid after September 15th,
2012.

Cost includes: accommodations, daily
breakfast, three dinners, and all yoga
sessions. \$550 non-refundable deposit
due by August 15, 2012. Balance due by
September 15, 2012. Not included in price:
Airfare, transportation to/from airport,
bodywork and treatments.

Please send your deposit to reserve your
space to:

Mitra Tredway
2395 Delaware Ave. Space 52
Santa Cruz CA 95060

www.yogawithmitra.com