



Magical Yoga Retreat: India with Mitra Tredway

January 7-17, 2010

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, California, and Mexico, and teaches and hosts other teachers in India.

EXPERIENCE THE SPIRITUAL, traditional, cultural and mystical wonders of southern India! This beautiful region is gently lapped by the ocean, unspoiled for its nature and culture. Southern India is a land of temples with fascinating architecture. We will be staying at Quiet Healing Center and spa in Auroville, a seven-acre beachfront compound three miles north of Pondicherry (www.quiethalingcenter.info). The spacious sea view or garden view rooms are a short walk to the ocean. Delicious vegetarian meals are served buffet style three times daily. All meals are prepared with fresh organic produce, herbs and grains locally grown. Yoga sessions and daily meditation will nourish our bodies and souls. A variety of massage and healing sessions are offered daily. We will have plenty of time for guided tours of ancient temples as well as personal time for relaxation and exploration. This is a journey of a lifetime, and is limited to only 18 students.

**Space is limited!
Reserve your place now.**

\$2350 double occupancy

cost includes accommodations, land transport, guided day trips, three meals per day at the guest house and all yoga and meditation sessions.

\$550 non-refundable deposit due by September 15, 2009

Balance due by October 30, 2009

Not included in price:

Airfare: U.S. to Chennai (Madras), bodywork and treatments, lunches on travel days.

Please send your deposit to reserve your space to:

Dianne DiGiovanni
260 Zayante School Road
Felton, CA 95018
diannedigiovanni@yahoo.com
(831) 359-0187

Photos from 2008 retreat!



www.yogawithmitra.com

Please send deposit to: Dianne DiGiovanni 260 Zayante School Road Felton, CA 95018

Name: _____

Address: _____

City _____ State _____ Zip _____

Phone () _____ Fax () _____ Email _____

\$2,350 per person includes: Double occupancy room, land transportation, day trips, breakfasts & dinners, and all yoga sessions. \$550 non-refundable deposit due by September 15, 2009; balance due October 30, 2009.