



## Yoga Holiday Retreat by the Red Sea in Dahab with Michelle Cross 4-11 March 2012

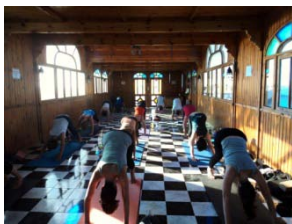
Escape the winter blues, get ready for Spring and bask in the wonderful Red Sea sunshine!

Forget your everyday stresses and strains! Treat yourself to a week of exploration through Yoga, Meditation and relaxation techniques...

Learn to deeply relax, de-stress, rejuvenate, re-energise & expand your whole mind, body, heart and soul in the ancient foothills of Mount Sinai...

What you can expect from your week of relaxation and wellbeing...

### Yoga and Healing:



My Yoga Retreat is designed to help you renew, come back to yourself, clear your mind and help bring you into the present moment, restoring your sense of calm and purpose. I'll help you rejuvenate your body, revive tired spirits and connect with your heart, leaving you ready to return to everyday life with renewed spirit.

One-to-one Yoga available

Excellent Massage and treatments on site – I thoroughly recommend them ☺



### Amazing, life-changing activities:



Scuba dive and snorkel amongst one of the world's most stunning coral reefs  
Ride Arabian horses against a desert backdrop or among the ancient mountains



Climb unforgettable Mount Sinai and feel part of 8,000 years of history

Dine under the stars in the Sinai desert – land of the Burning Bush & Moses

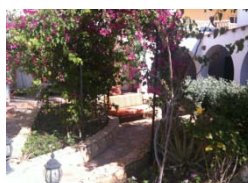
Watch the stunning sunrise over Saudi Arabia



### Exotic and exciting local culture:

Try out the delicious local cuisine, at Dahab's many restaurants and cafes. Visit Dahab's local bazaars and shops...with lots to buy and bargain for...

...Or simply relax by the beach, pool or the fabulous lounge area with as little or as much sunbathing as you wish!



Visit [www.yogarelaax.co.uk](http://www.yogarelaax.co.uk), join me [www.facebook.com/MichellesYogaTherapies](https://www.facebook.com/MichellesYogaTherapies) or [www.facebook.com/YogaRelax](https://www.facebook.com/YogaRelax)  
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## Experience the healing power of Flowing Hatha Yoga



The flowing (Vinyasa) Hatha Yoga I teach guides you to deeply connect with your breath, listen to it, feel it and mindfully move through the postures with grace and alignment, to experience yourself not just in your body, but your heart and spirit and let go of the mind.

Whether you are a beginner, intermediate or advanced, my focus is to create the ultimate experience for you, through an individualised and compassionate approach to adjustments and nurturing encouragement, helping you to align more. I draw from different styles of Yoga including *Hatha, Vinyasa, Anusara, Yin and Sivananda*, balancing the dynamic power and flow, with the softness and stillness of Yoga for a meditative practice.



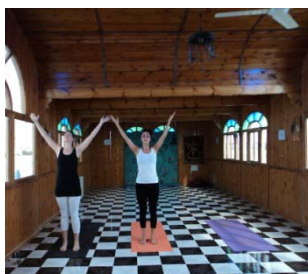
### The Venue

We'll be staying at a small friendly hotel right next to the beach and only two walking minutes away from the centre of Dahab. It's the perfect location for shopping and close to the more 'ethnic' cafes and restaurants at the other end of the beach. A sunny pool, terrace, gardens, lounge areas and a private sand beach are available for your stay.

### The Yoga Shala

Our Yoga sessions will take place in a beautiful purpose-built Yoga room situated at the top of the hotel building. It has been especially constructed so it remains cool, even at the height of the summer.

As we practice Yoga, we'll enjoy sea views towards Saudi Arabia and also views of Sinai Mountains. It is truly an spectacular location!



### The Accommodation



All rooms consist of a shower, bathroom and a balcony or terrace and have air-conditioning. Rooms are twin or double. Single rooms have an additional supplement.

Standard rooms face the mountains and overlook the road, Superior rooms overlook the garden and face the sea - they also have re-furbished bathrooms.

There is an apartment overlooking the beach which sleeps up to four people in two bedrooms with a luxury bathroom, kitchen and lounge. Please ask for further details - for groups of four Yoga students the cost is the same as staying in two rooms!

### Getting There

The Retreat runs from a Sunday to a Sunday. You'll need to book a flight to Sharm el Sheik - a return transfer from Sharm el Sheik airport is included in the holiday cost.

Whatever your arrival time, I've arranged for a taxi to greet you and bring you to our hotel.

Join me at my week's  
relaxing Yoga by the Red Sea  
Retreat

ONLY £359 for shared room

or £419 for single room

*ONLY from £335 if you are  
already a student of mine*

(NB: The holiday includes bed,  
breakfast and airport transfer)

*Special discount available for  
non-Yoga partners or friends  
who come too!*

**BOOK NOW!**

*Places are limited so early  
booking is advised!*

Contact Free Spirit Travel  
[info@freespirituk.com](mailto:info@freespirituk.com) or call  
Jilly on 01273-564230

Or [contact me, Michelle](#) for  
more information

*"It is a pleasure to share a practice that has the potential to change your life, as it has mine - I am inspired by those I teach and I hope to inspire you to find your Yoga." Michelle Cross*

Visit [www.yogarelay.co.uk](http://www.yogarelay.co.uk), join me [www.facebook.com/MichellesYogaTherapies](https://www.facebook.com/MichellesYogaTherapies) or [www.facebook.com/YogaRelax](https://www.facebook.com/YogaRelax)  
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## About me, Michelle Cross



I like to think of myself as an inspirational and motivational Yoga teacher who strives to bring out the light in every person; whose passion for Yoga is apparent in her classes and shines through as an intense desire to help others feel the Grace of Yoga and experience that natural high that transformed her life 10 years ago

Spanning over 20 years in the health, wellness and fitness industries, I started as a conventional fitness instructor, then retrained in various healing therapies and massage. Inspired by the curative power of the mind and body working together, I went on to train as a Yoga teacher and am certified by the Yoga Alliance. I continue to learn and grow through various Yoga traditions, so I pass this knowledge and experience on to you.

I delight in seeing people enjoy themselves in class, resonating with their heart and moving from their inner radiance; seeing them glow during and, especially, after class. I observe them daring to dig deeper, expand from and conquer the limited concept of themselves to reveal their true innate potential. For me, this is an honour and a privilege, especially when they share their experiences with me.

My week's retreat in Dahab, South Sinai is a wonderfully restorative time to relax and re-balance your Self but with so many non-Yoga treats to enjoy, it's a perfect venue to bring your partner or friends. Why not take advantage of my *special discount* for partners/friends who'd relish a week in the sun!

**I look forward to seeing you there and sharing the power of Yoga with you!**

*OM shanti*

*Michelle*

Some feedback from my previous retreats...

*"An enlightening & energising week in a spectacular location, providing a welcome break from the stresses of everyday life & a chance to absorb oneself entirely in the practise of Yoga.*

*Michelle's varied & nurturing tuition allowed deep self-exploration, helping me to fully relax & grow in both mind & body. A completely rewarding retreat."*

*Joni Rhodes*



*"The Yoga retreat in Dahab with Michelle was a truly wonderful experience.*

*With my limited knowledge of yoga, I found in Michelle, a teacher who spiritually and physically guided me with knowledge, understanding and passion.*

*Would recommend Michelle's retreats to anyone who is interested in Yoga and likes scenic environments!"*  
*Daniella Tarrant*



*"Michelle is encouraging and firm enough to push yo edge, as a Yoga teacher I loved this. Excellent and varied Yoga Practice – I learnt a lot from you."*  
*Catherine Ogilvie*

*"Michelle - you are a great teacher; patient and encouraging. I have truly enjoyed the week's Yoga and appreciate all you have taught us, my practice feels re-energised - thank you so much"*  
*Neela Masari*

*"Thank you very much, the retreat was inspiring and enjoyable"* *Nick Blake*



**Book your place Now call 07956 127366 or email [info@yogarelay.co.uk](mailto:info@yogarelay.co.uk)**

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