



Yoga Holiday Retreat by the Red Sea with Michelle 6-13 February 2011

Enjoy a week of exploration through Yoga to relax, de-stress, rejuvenate, re-energise and expand your whole mind, body and soul.

Testimonials from previous retreats:

"Beautiful Location, longer meditation on the platform was brilliant. You are an inspirational and wonderful teacher, thank you for sharing!" Bridget Leeming

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

"Just wanted to say a big thank you for a fantastic retreat. The location was beautiful, and I really, really enjoyed the yoga." Cat Edera

"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

Michelle teaches Flowing Hatha Yoga, drawing from different styles of Yoga including Hatha, Vinyasa, Sivanada for flowing sequences and Yin for meditative practice, balancing the dynamic power and flow, with the softness and stillness of Yoga. She encourages each person to connect with his or her own body and mind with a strong focus on the breath, emphasising precise alignment and fluid movement and encouraging deep relaxation within.

This retreat is suitable for all levels and backgrounds. Each person receives individual attention, adjustments and encouragement to go beyond any self-imposed limitations. Michelle's teaching is motivational, intuitive, encouraging and inspiring, using a down-to-earth approach, drawing from her extensive experience working with the body.

The Yoga Shala

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.

There are sea views from the windows and also from the balcony outside the door.



Michelle Cross

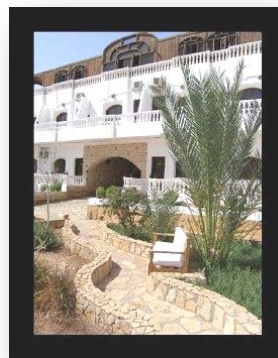
<http://www.yogarela.co.uk>

07956 127366

78 Cheviot Road, London, SE27 0LG

The Venue

A small friendly hotel right next to the beach and only two walking minutes away from the centre of Dahab. It is the perfect location for shopping and close to the more 'ethnic' cafes and restaurants at the other end of the beach. A sunny terrace and a private sand beach are available for your stay.



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-furnished bathrooms.

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



What to expect

A restorative week to relax and renew...in the sun!

- Two yoga sessions a day with one night/ morning off if you go for a trip out to the desert
- Each Yoga class last approximately 2 hours and incorporates Pranayama (breathing exercises), Sun Salutations with flowing Vinyasa variations, Asanas and guided relaxation or Yoga Nidra and morning meditation.
- One-to-one Yoga available
- As little or as much sunbathing as you wish
- The holiday includes bed, breakfast and airport transfer.
- Plenty of restaurants and cafes nearby or at the hotel to try out the local cuisine which is inexpensive and delicious.
- Perfect venue to bring non-Yoga partners and friends and they receive a discount too! there's lots to do
- Massage and treatments on site
- Diving, snorkelling in one of the most stunning coral reefs in the world
- Horse-back riding in the desert or mountains on Arabian Horses
- Climb Mount Sinai
- Experience dinner in the desert under the stars
- Visit local bazaars and shops
- Or simply chill by the beach, pool or the fabulous lounge area

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The Cost for your week's Yoga Holiday Retreat

£359 for shared room

£419 for single room

Places are Limited so Booking early is advised.

Contact Free Spirit Travel info@freespirituk.com or call Jilly on 01273-564230

Or Michelle for more information



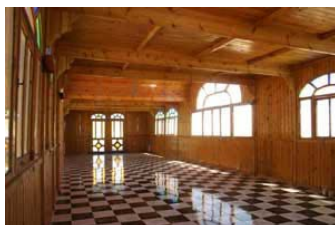
The Teacher

Michelle has over 19 years experience in the health, wellness and fitness industries, originally as a fitness/exercise instructor and Holistic Massage Therapist in London.

Her passion for Yoga shows in her teaching and her experience shines through as Michelle encourages everyone to find their own Yoga and the union within. She is down to earth, caring and compassionate and brings like to bring a sense of fun and enjoyment to every class.

Getting There

Holidays run from a Sunday to a Sunday. You need to book a flight to Sharm el Sheik and a return transfer from Sharm el Sheik airport is included in the holiday cost. Whatever your arrival time a taxi will be there to meet you and transfer you to the hotel.



Book Now!

Places are limited on this wonderfully rejuvenating retreat, so Booking early is advised.

To book your place contact Michelle info@yogarelay.co.uk or contact Free Spirit Travel info@freespirituk.com or call Jilly on 01273-564230 More info at <http://www.freespirituk.com/Yoga/Dahab%20NEW.htm>

Look forward to seeing you there and sharing the power of yoga with you!

OM shanti,

Michelle

Michelle says; "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."

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