



# YOGA HOLIDAYS

With

*Sarah Astbury*

AT PARADISE COVE IN SOZOPOL, BULGARIA



**NEW VENUE FOR 2011  
OUT OF SEASON BREAKS**

- **1 or 2 week Holidays**  
From October to May
- **Self Catering Apartments**  
With optional evening meal available
  - **Only £295 per week**  
per person, per week with no single person supplements
- **Special Discounts for groups**
- **Twice Daily Yoga Classes**
  - **Massage Therapies**
- **Optional Art Classes & Excursions**  
*Therapy for Mind, Body & Soul*

For Full Details  
or to book  
PLEASE SEE  
MY NEW  
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Yoga in Bulgaria