

Yoga & Watercolour Holidays

With
Internationally
renowned
English Yoga
and Art
Teachers
Sarah Astbury
& Martin
Stephenson



Your Tutors Sarah Astbury (Yoga), & Martin Stephenson (Art)

STILL TIME FOR SOME LATE SUMMER SUN

A LUXURIOUS VILLA NEAR BURGAS AIRPORT
DURING SEPTEMBER & OCTOBER 2011

The 'Yellow House' is a large property with a private pool and large terrace area with internet access and satellite TV. Situated in a typical Bulgarian village, it is within easy reach of local amenities and activities, such as watersports, tennis, horse riding, cycling, walking, fishing and bird watching. The villa sleeps up to 10 guests, there are 4 double bedrooms, 2 of which are family rooms. Inside there is a large living area consisting of a fully fitted kitchen with a dining area. Outside there is a patio area and sun terrace with loungers and umbrellas, a barbeque and lawn plus a large 10 x 6 metre swimming pool.

For enquiries

+359 887 227 161

+359 876 736 783

yogainbulgaria@gmail.com

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Dates & Prices



DATES & PRICES

	7 Days	10 Days	14 Days
w/c 24th September	£295	£395	£490
w/c 1st October	£295	£395	£490
w/c 15th October	£295	£395	£490
w/c 22nd October	£295	£395	£490

All prices are per person based on bed and breakfast with full use of the kitchen/dining area and the outside Summer Kitchen & barbeque area. Yoga and Art tuition and all materials are also included in the above prices. 5 evening meals can be provided for an additional £50 .

There will be 6 morning session of yoga and art generally starting at 8.30am plus there will be 3 evening sessions starting around 5pm. You are welcome to join in as many classes as you wish during your stay. Each session will last for 90 minutes. All equipment and materials are provided although if you would prefer to bring your own please feel free. Classes are catered to individuals ability ensuring a rewarding experience is had by all.

Yoga sessions include relaxation, meditation and posture work. Watercolour Art classes include basic techniques and are geared to beginners and the more experienced.

Massage Therapies such as Sports Massage, Thai Massage, Reflexology and Indian Head Massage are also available, at small extra charge, during your stay.

Our aim is to create a relaxing environment where you can indulge in your yoga practice or painting, pamper yourself with a luxurious massage, simply relax by the pool or take a stroll around the local lake.

Flights at the end of September and October tend to be cheaper than in the high season plus the weather can be very pleasant at this time of year. To check flights from your local airport to Burgas and to book try :-

www.wizzair.com
www.balkanholidays.co.uk
www.thomsonfly.co.uk

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