

10 Days of Yoga

Yoga in India with Hart Lazer

March 3 – 13, 2010 | Goa, India
www.aashyanalakhanpal.com

\$2,650 CDN

New lower price options available:
stay nearby Lakhnapal, and join us for yoga or
yoga & meals. Call or email to inquire.

Hart Lazer has been teaching yoga for over 20 years. He received his in-depth training principally from Iyengar yoga teacher Ramanand Patel. In the past few years Hart has integrated his knowledge of Iyengar yoga alignment into his personal Ashtanga practice. Workshop participants over the years have been delighted by his humour, inspired by his depth of knowledge and challenged by his asana.



Includes: 10 days lodging, meals, daily yoga and meditation, and airport shuttles.

Space is very limited.

Payment:

Reserve with a \$1000 non-refundable deposit, due September 1, 2009. Remainder due December 30, 2009.

There will be no refund or credit for cancellations.

Lodging: We will stay at the private residence, Aashyana Lakhnapal, with private beach access, beautiful gardens, a swimming pool and yoga/meditation room. Daily meals prepared by an Indian chef.

Travel: Airfare not included. You are responsible for booking your own flight. We recommend travel insurance for the flight portion.

kristin honey
Yoga

to register or for more info:
519.826.0620
info@kristinhoneyyoga.com
www.kristinhoneyyoga.com

