

Yoga Holiday with Jenny Beeken and Pauline Sawyer
 Saturday 27 May - Saturday 3 June 2017 - Booking form

Name

Address

Telephone

Email

All food will be vegetarian but please let us know any reasonable dietary requirements or allergies.

Room request (please tick)

single room	<input type="checkbox"/>	Shared room	<input type="checkbox"/>
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If you are booking for an additional guest please give name and contact details here

Price		Tick what you are booking
Small Single Room shared bathroom	£690	<input type="checkbox"/>
Shared room , shared bathroom	£780	<input type="checkbox"/>
Single Room shared bathroom	£830	<input type="checkbox"/>
Shared room , ensuite bathroom	£830	<input type="checkbox"/>
Single Room , ensuite bathroom	£910	<input type="checkbox"/>
TOTALS		

I enclose a deposit cheque for £200 payable to 'Pauline Sawyer'

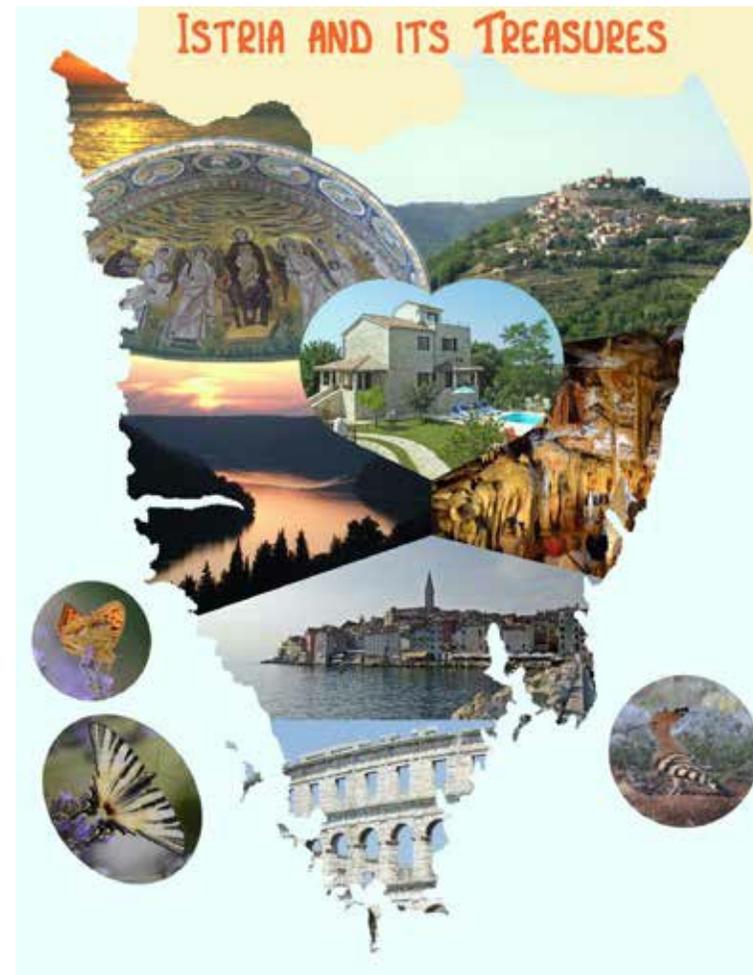
Send an SAE if you want a receipt

Please return form and deposit to

Pauline Sawyer, Byland Cottage, 16 Byland Road, Lower Compton, Plymouth, PL3 5DZ

or you can book online at www.inneryoga.org.uk

If you would like to join the Inner Yoga Trust please ask the organiser or join online at www.inneryoga.org.uk



Yoga Holiday in Croatia
 at Butterfly House, Majkusi

with Jenny Beeken and Pauline Sawyer
 Saturday 27 May - Saturday 3 June 2017

jennybeeken48@gmail.com | 0130 302958

The Teachers - Jenny Beeken and Pauline Sawyer

Have been practicing yoga for over 30 years and founded the Inner Yoga trust in 1993. They have followed the teachings of Vanda Scaravelli for the last 15 years with Sophy Hoare and Diane Long and travel regularly to Italy for teachings with Diane Long.

Jenny **01730 302958**
jennybeeken48@gmail.com

Pauline **01752 657851**
pauline@inneryoga.org.uk



**A Yoga Holiday
at Butterfly House
Majkusi 8A
52462 in Istria, Croatia**

Nevia Mullan runs a house for circling dancing and is now opening it up for yoga too. She is Croatian and also lives in England. We have also hired another house (shown in photo above behind the tree) with en-suite rooms. There is a maximum of 12 people.

I have visited Nevia at Butterfly House to arrange this and find out about the place.

Majkusi is a small village in a rural area with lovely walks, many butterflies, birds, dragonfly and wild flowers. There are views of the sea from the balconies and 2 swimming pools.

Porec- an ancient town with a heritage basilica, port and seaside and lovely swimming.

**30th May 2017 is
Pauline Sawyer's
70th Birthday.**

**Come and
celebrate through
yoga, dance and
champagne.**

**Remember her 60th in
Huzar Vasidi – come and
celebrate her 70th.**

Costs

The cost includes the yoga, half board- bed, breakfast and lunch, plus transfer from Pula airport and 4 evening excursions to nearby areas. It does not include the evening meal, which we will go out to on our evening excursions and does not include the flight.

£690- small single room, shared bathroom

£780- shared room, shared bathroom

£830- single room, shared bathroom

£830- shared room, en suite bathroom

£910- single room, ensuite bathroom.

Please book online at www.inneryoga.org.uk/events/ Croatia,

or by paying a deposit of £200.00 by cheque to Pauline Sawyer, Byland Cottage, 16 Byland Road Lower Compton, Plymouth, PL3 5DZ. For any queries call Pauline - details opposite
The balance is due on 26th April.

Getting there

Ryanair goes from Stansted to Pula airport (which is 30 minutes away from the venue)

Jet2 goes from Bradford and Leeds, Manchester, Edinburgh

There is one flight a day from Gatwick with Easyjet on Saturdays, book soon as the price will go up.

Additional costs

In addition to accommodation food and tuition you will need to pay for your own flights

Classes

Yoga will be on outside decking shown in photo, inside if raining.

8-9am- Salutation to the Sun, pranayama and meditation

10.30am-12.30pm- Asanas
1pm lunch

Afternoon rest, swim, walk followed by outings to local places of interest and for an evening meal.
(outings are from around 4pm)

Sunset meditations and circle dancing

N.B. Please bring your own yoga mat.

Personal travel Insurance

Please take out your own travel insurance policy for cover in the event of you being unable to attend

Book and Pay online at www.inneryoga.org.uk/events