



12TH TO 20TH OCTOBER 2019

LUXURY YOGA RETREAT BALI

ESCAPE, NOURISH AND INDULGE ON
A LUXURY YOGA RETREAT IN THE
JUNGLES OF BALI.

#HOURISHTHROUGHYOGA

#SABINA_AHMADOV

BOOK AT WWW.HOURISHTHROUGHYOGA.COM



NOURISH YOURSELF

JOIN SABINA FOR A 7 DAY LUXURY RETREAT TO BALI.

Yoga

Sabina Ahmadov will lead 2 x 90 minute yoga classes a day; Fiery Forest in the morning and Yummy Yin Yoga in the evening.

Eat

The amazing chefs at Villa Selat source natural and local produce, providing a feast for the eyes, as well as the tummy.

Retreat

All you need to do is arrive! Excursions, accommodation, cycling, transfers, freshly made juices and one free local massage.

Prices start at £750pp, only £500 deposit to secure your place. Payment plans available. For further information or to book:

email: sabina@nourishthroughyoga.com
www.nourishthroughyoga.com

