

Yoga Holiday



Mar Menor

8th October – 14th October 2017

Enjoy unique, meaningful holiday – with Yoga, Tai Chi, hiking and Meditation.
To be in harmony with body, mind and soul.

The Mar Menor (span. 'smaller sea') is a salty water lagoon laying in the spanish region of Murcia and Europe's largest salty inland water, shaped by a unique nature and a heavenly micro-climate, you won't find anywhere else in Europe



The Sunshinehouse is a Yoga- and therapy centre, also popular for holidays and retreats. It offers plenty of space for both, individual and collective activities. An ample training room surrounded by patios, gardens, a large pool and a sun-terrace is at your entire disposition. Enjoy the freedom of being yourself, feel the magic moments of sunrise and sunset, spend unforgettable moments with mantras, singing, music, etc. Anything to please your soul.



Highlights:

- Small group of participants (max. 6-7 people)
- Accommodation in a pretty country-house (Sunshinehouse), just 6 km away from the coast
- Accommodation in a double-room, full-board with tasty cuisine (also veg.)
- Daily Yoga- and Meditation-practice, Tai Chi and philosophy, with José Antonio and Chönzom Emchi
- Hiking to the "Cabezo Gordo" and along the pictorial coast of "Calblanque"
- Thai Yoga Massage treatments with Chönzom Emchi (not included)
- Excursion to Murcia und visit of its sightseeings
- Transport from/to airport Alicante (or San Javier, Murcia), all transports of the excursions

- **Costs per participant: € 890,00 (excl. flight and travel-insurance)**
- **Reservation and more info: phone +34 610 25 26 60, info@emchi.net**
www.emchi.net/yogitrotters

