

The Whole Being Retreat

Italian Escape



Mita's teaching reflects her training and ongoing studies and practices of various forms of Hatha and Classical Yoga, augmented through her own experience. She teaches yoga as a transformative practice encouraging the individual to remain mindfully focused toward internal exploration and reminds them that their greatest teacher lies within.

www.mitashah.com

Limited spaces so please book early to avoid disappointment!

Mita Shah

077 6485 1122

yoga@mitashah.com

Optimal Travel

020 8954 4065

info@optimaltravel.co.uk

WHAT OTHERS SAY

'The whole experience was amazing. Mita really took us to new levels. The venue & teaching was second to none. Mita radiates energy & enthusiasm for yoga which is highly contagious. Definitely recommend her retreat!'- A&S

'Fantastic balance between yoga and exploring a new region. I would definitely recommend Mita as a teacher and Optimal Travel, as it has been effortless from the booking process until we returned. Everything was taken care of!'- HS

'The whole experience addressed my purpose to have some space and learn more about yoga. It met more than my expectations. With Mita, it's not just about yoga, but the whole spiritual journey & living more consciously.' - LS



£1345 PP

**IF BOOKED BY
31 JAN'18**

5 Nights/6 Days 24 - 29 May 2018

'In order to understand the world, one has to turn away from it on occasion'- Albert Camus



DISCOVER UMBRIA

Come and immerse yourself in the green heart of Italy, Umbria, and discover how the power of yoga & meditation can help you to return to wholeness and inner balance, resulting in an ease and flow with the present moment.

Visit the Basilica of St. Francis of Assisi and various sights on guided walking tour, explore on foot a medieval town, breathe ample fresh air, enjoy delicious authentic vegetarian/vegan meals & wine! Return with wonderful memories!



THE PACKAGE

- Return flights from London airport with checked baggage
- All transportation in Italy
- 5 nights in en-suite twin shared accommodation in unique countryside resort
- Daily healthy breakfasts with smoothie, 3 lunches, 5 dinners, unlimited organic herbal teas
- Morning & evening group sessions
- Guided walking tour of Assisi
- Local walks, visit a medieval town & much more!

Require a non-refundable deposit of £345 before 31 Jan'18, thereafter cost will increase. The price is based on twin/double sharing. Single supplement applies. The package is protected by Optimal Travel Services Ltd Atol no: 10557. T & C's applies.



ACCOMMODATION

The Retreat will be in a countryside property in Umbria surrounded by hills and vineyards. Set in one of the most exclusive and quietest parts of Umbria the resort offers a relaxing atmosphere equipped with all amenities expected. Peaceful environment for yoga & meditation, reflection & inspiration.

