

weekend ashtanga retreat
3rd – 6th of October 2019
at Hotel Le Manoir Banyuls-Sur-Mer in France

The retreat is suitable for all levels
Lotta Sebzda will hold all the yoga classes and
Cecilia Olsson will make the plantbased brunch & dinner

Thursday 3rd of October

16.00 check in at the hotel

17.30 we will all meet for the first yoga class

19.00 dinner

Friday 4th of October

08.00 morning yoga

10.00 brunch

19.00 dinner

Saturday 5th of October

08.00 morning yoga

10.00 brunch

17.30 afternoon class

19.00 dinner

Sunday 6th of October

08.00 morning yoga

10.00 brunch

11.00 check out

Price: 650€

(including yoga, brunch, dinner and accommodation)

after confirmed registration a deposit of 250€ have to be paid
to keep your spot a (deposit not refundable)
and the last payment has to be made latest 25th of August 2019
we reserve the right to cancel the workshop if less than 10 participants

How to get there:

Fly to either Barcelona, Montpellier or Beziers (Ryan Air)

Easy to go by train to Banyuls, the train station is just about 300 meters from the hotel.

For more info/registration contact

cecilia-olsson@hotmail.com

lotta@hej52.se

Banking details for payment:

first deposit: 250€ (not refundable)

last payment: 400 €

Swedish payments

Handelsbanken
Centralgatan 10
149 32 Nynäshamn

Cecilia Olsson

BG: 5494-5811

or payment to:

6196 – 301393028

For internationell payments

To: Cecilia Olsson

Bank:
Handelsbanken
Centralgatan 10
149 32 Nynäshamn
Sweden

IBAN :
SE86 6000 0000 000301393028

BIC :
HANDSESS