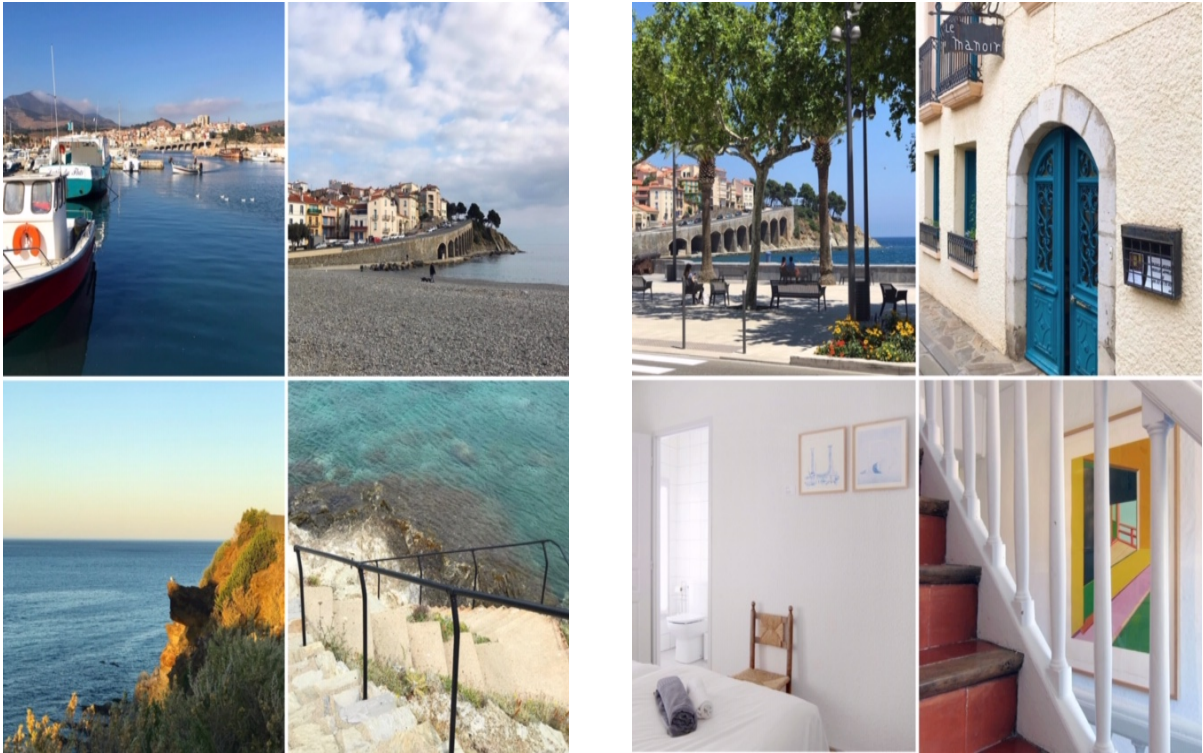


weekend ashtanga retreat
1st – 4th of October 2020
at Hotel Le Manoir
Banyuls-Sur-Mer in France



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

for more info / registration
contact:
cecilia-olsson@hotmail.com