

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

Thursday 1st of October  
16.00 check in at the hotel  
17.00 we will all meet for the first yoga class  
19.30 dinner

Friday 2nd of October  
08.00 morning yoga  
10.30 brunch  
17.00 afternoon yoga class  
19.30 dinner

Saturday 3rd of October  
08.00 morning yoga  
10.30 brunch  
17.00 afternoon class  
19.30 dinner

Sunday 6th of October  
08.00 morning yoga  
10.30 brunch  
11.30 check out

Price: 700€  
(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 of 450€ has to be made latest 25th of August 2020  
we reserve the right to cancel the workshop if less than 10 participants

How to get there:  
Fly to either Barcelona, Montpellier or Bezier (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](mailto:cecilia-olsson@hotmail.com)  
[lotta@hej52.se](mailto: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