



AERIAL YOGA RETREAT – MOZAMBIQUE

21 – 27 September 2017

Come and spend 7 days in beautiful Tofo, Mozambique getting upside down, learning to fly and having fun.

This foundational training in Aerial Yoga will be held retreat style to include more yoga, diving, sunning and chilling.



Retreat includes:

- 30 hour foundational training in Aerial Yoga
- Rigging of swing and ropes
- Safe practice in the swing
- Aerial poses and how to get in and out safely
- Partner poses in the swing
- How to structure a class
- Lots of practice classes and teaching
- Your own hammock swing and manual
- 6 nights and 7 days accommodation
- Healthy breakfast and Dinner daily, including superfoods desserts
- Additional morning and evening yoga classes
- Transfers from Imhabahne airport
- Fun aerial yoga shoot on the beach

Tofinho / Inhambane / Mozambique

Mobile: +258 84 731 2027 / +258 82 719 4848 / SA: 082 563 9744
Email: Nelia@turtlecovetofo.com / Website: www.turtlecovetofo.com



Not included:

- Transport to and from Imhabane (There is a shuttle available to and from Johannesburg at R2200p/p
Optional excursions)

There is a diving retreat running at the same time for partners who prefer the underwater world, please contact us for details on this

Investment to self

R8500p/p/s / R 10 500 per single person

Contact us for more details or to book your spot : info@jailife.co.za / charney@jailife.co.za