



## Re-energize Yoga Holiday in Tofo, Mozambique

### 21 – 27 September 2017

#### Rejuvenating Mozambique Yoga Package

Treat yourself to a deeply relaxing 7 day getaway in beautiful Mozambique, where you can enjoy the sun and discover pristine beaches while doing yoga and meditation in the friendliest place in Mozambique! You will have ample time to have fun and visit the beautiful beaches of Tofo and deepen your practice in this solo yoga retreat. This retreat will give you the perfect chance to relax in total tranquility, while also having the most popular tourist areas of Mozam within your reach. Experience the peace, love, and harmony at Turtle Cove lodge! Boogie at Mozambeat backpackers or go local in town. Visit locals markets, treat yourself to freshly made pão, sea food, Mozambiquean bear, crafts & culture.

Tofo offers an untamed African wonderland amidst hundreds of Palm trees, miles of unspoilt beaches, world-class diving, epic surf breaks and most of all... a laid back Latino-Afro rhythm of life which has mesmerized visitors worldwide to return time and again.



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This Yoga Holiday will be hosted at the Gaia Yoga Shala situated at Turtle Cove in Tofinho. Offering a cool haven for visitors, with lush Palm tree gardens, a swimming pool and a friendly community atmosphere, Turtle cove is the ideal venue for Yoga Holidays. For more details and images, visit [www.turtlecovetofo.com](http://www.turtlecovetofo.com)



You are welcome to bring your partner along to participate in the yoga program, or just come and enjoy the peace and the gorgeous sun sand and sea. Children most welcome too, as Tofo hosts magical beaches and coves little ones to play safely. There are also surf lessons offered as an extra activity for the whole family.

## Highlights

- 6 days of Yoga
- Meditation and relaxation techniques
- Sunset Yoga on the beach
- Classes on various yoga styles
- Use of the Shala in your own time
- Ocean Safari (optional)

### Yoga sessions

This retreat includes up to seven daily yoga sessions. These include various yoga styles, such as Ashtanga, Dynamic, Hatha, Restorative, Vinyasa, and Yin yoga.

Ashtanga yoga is a rigorous and dynamic practice that follows a specific sequence of postures, linking movement to breath.

A slow-paced Hatha flow is aimed at lengthening, loosening, and relaxing the body and mind.

Restorative yoga promises you complete relaxation, centering of the breath and body, aligning the physical and mental by practicing stillness or gentle movement for extended periods of time.

Vinyasa yoga is a breath-synchronized movement, a fluid and flowing practice to strengthen body and mind.



Yin yoga is a slow-paced practice in which poses are held for more than five minutes, targeting the connective tissues, ligaments, bones and joints.

Acroyoga is a modern form of yoga, which combines yoga, performance, and acrobatics. It builds strength and flexibility, but most importantly trust and teamwork.

Each yoga session includes a meditation and relaxation exercise to enable you to fully disconnect from the city life and reconnect with yourself and with nature

### **PRICING:**

Single Room - R10 500

Sharing - R8 500

\*excluding travel

Single Room - R12 700

Sharing - R10 700

\*Including Shuttle service from JHB to Tofo return

### What's included

- 5 days yoga & meditation
- 6 nights accommodation
- Moonlight beach gathering
- All meals
- All classes
- Yoga equipment
- Gro-pro videos / photos

### What's not included

- Airfare
- Spa treatments
- Activities



## **Michelle Van Straaten**

Michelle van Straaten has been practicing yoga for the past 16 years. While her roots are in the Ashtanga Vinyasa system her teaching has branched out into a more dynamic, fluid vinyasa flow practice with plenty of laughter. The vinyasa style she enjoys has a focus on building 'strength' and building heat in the body through creative sequencing and particular alignment. Using both vinyasa and kundalini styles, Michelle seeks to connect the practitioner to the fire in body, movement and spirit which can transform our experience into something alchemical. Over the week she will guide yogis through daily practices, play sessions and pranayama techniques to dive deeper into the joy of pure being.

Wisdom tells me I am nothing, Love tells me I am everything, and inbetween it, I flow

~Nisargatta Maharaja

### **ABOUT THE YOGA & MEDITATION SHE TEACHES**

This retreat includes up to seven daily yoga sessions.

In the morning practice Michelle will focus on vinyasa and pranayama techniques. Expect to work hard (or as hard as you wish!), sweat and transform your being through engaging with movement and breath. The evening sessions will balance out the morning practices by focusing on mindfulness techniques, restorative practices and guided meditations.

Each yoga session includes a meditation and relaxation exercise to enable you to fully disconnect from the city life and reconnect with yourself and with nature.

