



Come, join Poonam for a soul-refreshing journey through yoga
at

Wanna yoga weekend retreat in Graubünden mountains from 28th to 30th October 2011



It is our pleasure to invite you to this mountain oasis from 22nd to 24th October, 2010. In the land of lakes and valleys, the small meets the big to produce breathtaking beauty. Be one of the first to attend a YogaLife weekend retreat in the Canton of Graubünden, nestled in the spectacular Swiss Alps. Enjoy short hikes and energizing yet relaxing yoga sessions close to Partnun Lake. Experience the hot tub and sauna and learn useful few tips on how to sail through the winter fit and healthy. In an authentic alpine lodge including a beautifully renovated stable, the 7 cozy and modern double rooms are reserved exclusively for our yoga retreat ensuring a warm and personal experience as the seasons change and Winter prepares to welcome us.

The retreat will start at 18h00 on Friday evening and will end with lunch together on Sunday.

For more information visit : www.wanna.ch or www.yogalife.org

-Accommodation and full board for the retreat is CHF 330 per person in shared double rooms; price includes use of sauna and hot tub.

-Yoga fees is CHF 290 per person.

-Spaces for this retreat are **limited**, so we suggest you reserve early.

Payment for accommodation and yoga should be made to Poonam Stecher Sharma, the details are available at www.yogalife.org You will receive instant confirmation of your reservation upon payment.

For more information, please visit www.yogalife.org/ www.wanna.ch