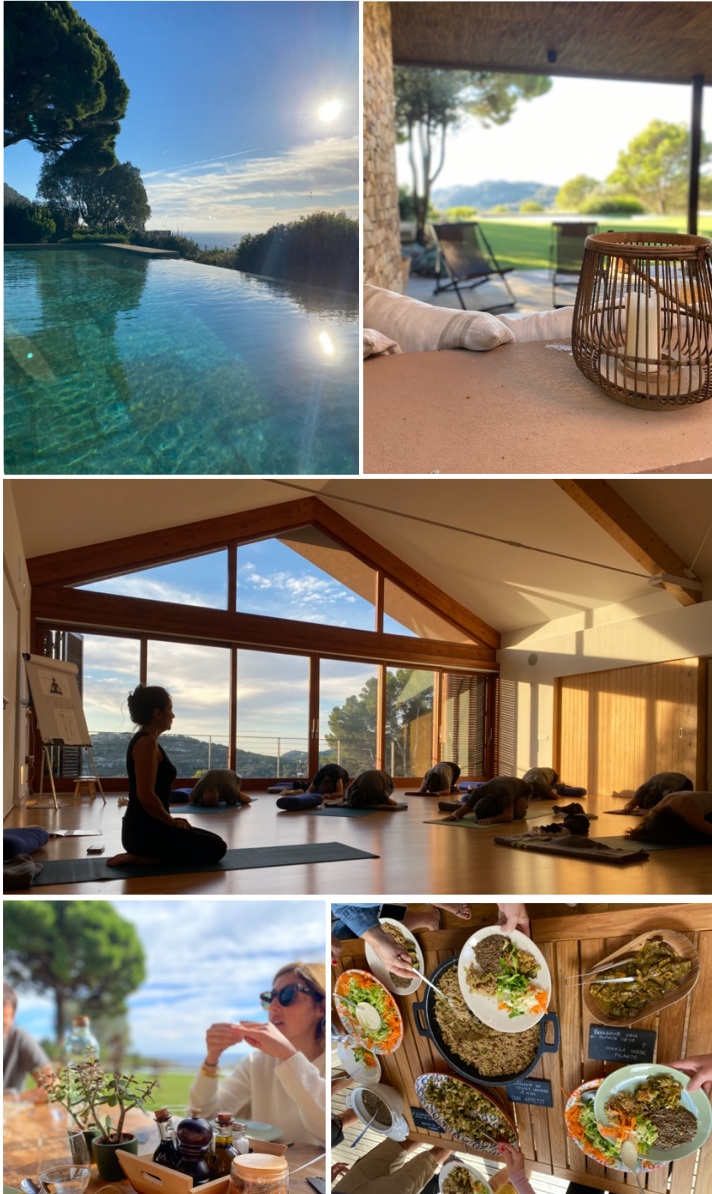


## A "HAPPY DAY" RETREAT

YOGA, NATURE & RELAX  
AT VILLA PI BLAU

Thursday 28<sup>th</sup> of April; Saturday 28<sup>th</sup> of May

*One day off  
just for you!*



Language : French, Spanish and English

### At Villa Pi Blau

An Eco-Villa located next to Begur, in  
the most beautiful bay of Costa Brava.  
A place designed with love and  
mindfulness,

### A "happy day" is



2 Yoga Classes a day  
1 dynamic and 1 relaxing  
In a bright & spacious yoga room



A healthy & bio vegetarian brunch



A garden & salted water swimming  
pool to enjoy



And time to have a walk in nature or  
a bath in the sea

Organized by Carmen



### Carmen

Hatha Yoga & Yoga Nidra teacher with more than 10 years experience, trained first at Triyoga in London and then at the Bihar School of India of Swami Satyananda. She loves to transmit what makes her feel better and grow on one's life path.

**Price:** 100€

**Info & booking:** [carmen@villapiblau.com](mailto:carmen@villapiblau.com) - 636 254 752