

18 Mar 2012 - 25 Mar 2012

<http://www.ashiyana-yoga-goa.com/retreat-cyoga-retreat.shtml>



Author of the Indispensable Yoga Guides “This Is It: Enlightenment With Cyoga” and CYoga Founder is hosting this magical experience at Ashiyana, a tropical retreat centre located on the beautiful and unspoiled Mandrem Beach and the enchanting Mandrem river in the very north of Goa.

You shall experience deep individual attention and expertise from a world renowned “yogi” and the bliss one of the most idyllic and breathtaking spots in the world.

CYoga Ashiyana highlights: CYoga:, Dolphin Trip, and visits to Lakes, Markets, Churches and Beaches;peace; relaxation;MandremBeach, a beautiful peaceful haven full of palm trees and wildlife and gorgeous nature

This INCLUDES –
Accommodation on a share basis with fellow CYoga bookers luxury eco-lodges, tree-houses and stone-built houses set amidst lush tropical gardens and statues. All the rooms are spacious and comfortable width='100%' width='100%' width='100%' with large windows and wonderful views. As far as possible the en-suite bathrooms (all rooms apart from beach huts) have been built to allow a little of the outside in, with large open window spaces and blinds. Each room has ample clothes hanging and cupboard space, and its own balcony with "day-bed" or other seating.

- 2 large buffet meals (brunch and dinner) per day. Produce that is from the local markets or grown near... fresh, healthy and delicious! Wherever possible organic. (scrummy, yummy and lovely on my tummy)

- All CYoga tuition; peace and fun!

- Transfers to and from Goa airport.

A non-refundable deposit of £255 is required on booking to secure your place.

Subject to availability.

Payment in full is required 6 weeks before the start of the holiday. You will be sent an automatic reminder 6 weeks before. Payment can be by cheque or bank transfer.

CYOGA – Morning CYoga of 3 hours. (1st Hour is optional and the chance to experience CYoga Martial including qigong/ energy work and tai chi).

The next 1 1/2 – 2 hours are asana/ pranayama/ meditation centered. This class is strong, organic and beautiful to experience. Work flexibility and strength with acumen and grace...The importance of this moment in (I) understanding CYoga is seen and we can utilise detoxifying methods with fluid movement, the breath connection, and core strengthening energetics.

Brunch

Follows

Evening CYoga of around 2 hours. (Involves Asana, pranayama, Acroyoga, Partner yoga, Thai massage / (silent) meditation/ discussion topics).

Dinner

follows.

Night Dancing is a free optional extra. Should be compulsory!

CYOGA Fun, relaxation and focus.....

CYoga works in a variety of styles. This shows the essence of yoga which is beyond style. CYoga can involve; yoga asanas; meditation, breathwork (pranayama); pilates; t'ai chi; martial artistry; voice and dance work. This allows one to be all abilities. This is it.

This results in a CYoga Qualifications that embraces the teacher within. Hug everyone – oh yeah there is no teacher – I know it.

CYoga Goa is transmission of the CYoga essence. If one understands/ is the essence of CYoga the asana/ position is always perfect. This holiday is suitable for all levels from beginner to teachers. The CYoga Qualification is accessible to everyone. Everyone enjoys experienced guidance and support throughout sessions.

More details on what the CYoga Qualification covers is on <http://www.cyoga.co.uk/linkspages/cyq.html>. Forget about the qualification as the yogic understanding and experience comes naturally during the relaxed space of CYoga sessions.

REST - Meditation, chanting, karma yoga, "barefoot boogie" (based on contact improvisation dance), walks, and impromptu gatherings and workshops there are a

variety of other activities and courses within the local area such as live music and dance

14/09/12 to 21/09/12 - CYoga Surfing Holiday - Taghazout – Morocco



..... Stretch 1 arm skywards stretching/ reaching through the armpit space and express/ say Super!!

Author of the Indispensable Yoga Guides “This Is It: Enlightenment With CYoga” and CYoga Founder is hosting this fantastic experience in Morocco with CYoga, Surf Lessons and Equipment, Meals and Luxury Accommodation at ‘La Source’ - also known as the Killer Point Apartments, overlooking one of Morocco’s most famous waves Killer Point. This Is It! This meditative space of the CYoga allows deep insight from within to anyone be it in the sea or grounded.....

xox

CYoga

World Class Yoga

Fun, relaxation and focus.....

CYoga works in a variety of styles. This shows the essence of yoga which is beyond style. CYoga can involve; yoga asanas; meditation, breathwork (pranayama); pilates; t'ai chi; martial artistry; voice and dance work. This allows one to be all abilities. This is it. See why CYoga is one of the leading and most exciting yoga schools (the

University). Everyone enjoys experienced guidance and support throughout sessions.

Surfing

Taghazout has the best surf spots to surf in Morocco! We have the best surf guides in Morocco. Our surf coaches are all BSA trained and from Morocco.

. This is for everyone, including complete beginners.

We provide everything you need, but if you have your own boards then bring them all. Our region has absolutely every kind of wave so bring the boards that suit what you want to ride and according to your ability. Boards, wetsuits, yoga mats, are all included in the full package price if you don't fancy carrying baggage.....CYoga Surfing is perfection..

Surf School usually leaves for the surf at 9am, lessons 10-12.

The surf coaches are amazing.

Food

Breakfast, Picnic Lunch for the beach and Dinner.

Breakfast will be a mixture of fresh fruits, teas, fruit juice, fresh breads and tasty spreads served after the morning class of yoga.

Lunch will be a picnic on the beach with a mixture of salads or sandwiches, fruit, chips (for the salt) and snacks.

Dinner will be a mix of contemporary and Moroccan cuisine with Lamb, Beef and Fish BBQ's/Tagines/Couscous Dishes with vegetables and salads.

Vegetarian Options will be also be available, please tell us in advance so we can prepare.

There are also restaurants nearby should for any night out.

Night Dancing is a free optional extra. Should be compulsory!

The Day

6-8am CYoga

This class is strong, organic and beautiful to experience. Work flexibility and strength with acumen and grace...The importance of this moment in (I) understanding CYoga is seen and we can utilise detoxifying methods with fluid movement, the breath connection, and core strengthening energetics

8-9am breakfast

9am-4pm surfing/ free space

Surf lessons 10 am -12 pm

5.30-7.30pm CYoga

Involves Asana, pranayama, Acroyoga, Partner yoga, CYoga Bodywork/ massage / (silent) meditation/ discussion topics). CYoga Qualifications intro.

Extras

Should we find a rare flat day trip or where the conditions aren't inviting (VERY rare) We can have a pamper day at the local massage, salon and hamam spa). A hamam is a sauna with a skin scrub which is incredible for the skin and melts away stress! A four handed massage at the local hammam...yummy?!

Day 4 of holiday. A trip to paradise valley. This is a beautiful valley in the Atlas Mountains (30min drive away). A great place for meditation and Pranayama/ breathwork.

CYoga with the tranquility and seclusion of the waterfalls!..yay! Take a plunge in the rock pools, or trek through the forests

Accommodation

'The name Killer Point comes from killer whales passing by from time to time! This is at the location of the pagoda studio next to a beach and an infinity pool – everyone it's stunning! Accommodation on a share basis with fellow CYoga booker. We have 4 apartments. These are away from the hustle and bustle of Taghazout. Each apartment is fitted with fully functional kitchens, huge comfortable beds, flat screen TV's, Monsoon showers and private terraces. There is an open air grill to use and the infinity pool is the only one in the area and we have exclusive access to it. Lets us know if you are a couple, so we can arrange double beds – if that is what you want...

Price –

£860 excl. flights.

Agadir (AGA) is our nearest airport and is only fifty minutes away

A non-refundable deposit of £300 is required on booking to secure your place.
Subject to availability.

Payment in full is required 6 weeks before the start of the holiday.

You will be sent an automatic reminder 6 weeks before. Payment can be by cheque or bank transfer.

This INCLUDES –

All CYoga tuition; trust, joy & understanding of one ('s self) peace and fun!

Accommodation, Surfing, pamper day at the local massage, salon and hamam spa:) – might just have another day's rest from surfing ...maybe), a trip to Paradise Valley day (well CYoga is always paradise!). and all meals.

We have the use of a 5 seater Dacia for our CYoga week so that we can explore the area, and generally have the freedom needed to get the most out of the incredible country that is Morocco

See you t-here xox....

see@cyoga.co.uk, www.cyoga.co.uk

12/12 – Egypt Basata and Al Karm Mountains Ecolodge



CYoga at 5 star Beautiful Eco Hoyan Wedre : **14/09/11/ to 20/09/11**



Author of Star and Indispensable Yoga Guide This Is It: Enlightenment With CYoga and CYoga Founder is hosting a wonderful experience at Hoyan Wedre.

You shall experience deep individual attention and expertise from a world renowned “yogi” and the bliss of the location - small traditionally built stone houses on a gentle hillside overlooking the turquoise waters of the Mediterranean.

The meditative space of the CYoga attracts many and allows deep insight from within to anyone.

CYoga Hoyran highlights: CYoga:, peace; relaxation; beautiful beaches, nature and landscape; Archaeology and culture.

This INCLUDES –

Accommodation on a twin share basis with fellow CYoga bookers - great rooms in lycian style bungalows;

cooked lunch and dinner -excellent homemade regional organic food.

All hot drinks, water, 5 o'clock tea and cake – yum yum!

all CYoga tuition; peace and fun!

airport transfers to and from Hoyan Wedre; here here!

beach transfers for two days; gorgeous gorgeous! CYoga at sea = perfection.

Free guide visiting archaeological sites of Hoyran – hmmm interesting!

Single rooms are available for an additional supplement (24 Euro per night)

Price – £575 excl. flights.

A non-refundable deposit of £255 is required on booking to secure your place. Subject to availability.

Payment in full is required 6 weeks before the start of the holiday.

You will be sent an automatic reminder 6 weeks before. Payment can be by cheque or bank transfer.

CYOGA –

Morning CYoga of 3 hours.

1st Hour is optional and the chance to experience CYoga Martial including qigong/ energy work and tai chi.

The next 1 1/2 – 2 hours are asana/ pranayama/ meditation centered.

Lunch follows.

Evening CYoga of around 2 hours. Asana/ pranayama/ meditation centred.

Dinner follows.

Night Dancing is a free optional extra. Should be compulsory!

This is an excellent foundation to CYoga Qualifications as all CYoga Sessions embrace the teacher within.

CYoga sessions are naturally meditative and can include yoga asanas, breathwork (pranayama), pilates, t'ai chi, energy work (qigong), martial artistry, voice work, dance work and partner work.

This holiday is suitable for all levels from beginner to teachers. Everyone enjoys experienced guidance and support throughout sessions.

CYoga Bodywork Session-

Available at the CYoga Holiday rate of 40 Euros for 1 hour.

This is a holistic treatment done on a firm futon or mat on the floor with the receiver dressed in light clothes.

CYoga Bodywork is holistic and involves acupuncture, Yoga, reflexology, physiotherapy, meditation, energy work, chiropractic and Ayurveda. Hands, feet and elbows apply pressure on energetic points, in combination with gentle stretching and applied yoga. This allows the body's natural healing ability.

This is a graceful treatment and beautiful to have.

Many have mentioned the amazing healing ability of Catherine's hands and presence – this is a prime chance to experience this. Catherine shares how this is available to anyone.

REST

This allows space for excursions, trips, swimming, CYoga Bodywork, walking relaxation and nothingness!

Free Activities in Hoyran Wedre:

Meditation, CYoga, CYoga tai chi, CYoga Capoeira, Swimming, cycling, trekking, outdoor chess, table tennis, free space and gardening.

Turkish lessons and courses in Turkish cuisine can be arranged.

Outdoor activities:

Diving, paragliding, sea kayaking, trekking (The Lycian Way) and blue voyage are available.

BOOKING–

If you opt to pay just the deposit at the time of booking, you will be sent an automatic reminder 6 weeks before the event for the remainder. Approximately 6 weeks before we will also email you comprehensive information with directions to the venue, what to bring with you (yoga mat), and a more detailed schedule.

TRAVEL–

Hoyran is 175 km away from Antalya and Dalaman Airport.

Airport transfers from these airports are included in the price. Contact CYoga if wanting to be on the same flights of fellow Ceers. Recommendation is a morning flight on the 19th September 2011 allowing a CYoga session that evening.

Flights and Insurance are not included in Price.



Yoga December - Eco Basata, Egypt 06/12/11 – 13/12/11 – Experience Enlightenment!

Author of Indispensable Yoga Guide “This Is It: Enlightenment With Cyoga” and CYoga Founder is hosting this amazing and magical experience at Basata, Egypt (“Paradise on Earth”).

This is the Red Sea Sinai Peninsula, Egypt

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You shall experience deep individual attention and expertise from a world renowned “yogi” and the bliss one of the most idyllic and breathtaking spots in the world, Basata is one of Egypt’s first Eco-lodges.

The name itself, translated as ‘simplicity’ from Arabic, and personifies CYoga (This Is It!). This meditative space of the CYoga allows deep insight from within to anyone

This holiday is held at the Basata Eco-Resort between Nuweiba and Taba on the Red Sea coast. The backdrop of the Sinai desert is the perfect environment for CYoga, while the turquoise waters of the Red Sea is associated with spirituality!.

The resort is a family-run community with clean, comfortable accommodation, friendly staff and locally produced food. Accommodation is be in purpose-built chalets with en-suite facilities and electricity or, if you prefer something simpler, there are a limited number of beach huts and camping pitches available.

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CYoga Basata highlights: CYoga:, peace; relaxation; magnificent white sand beach and coral reefs, the Sinai, the Red Sea; see worthy St. Catherine's monastery.....

This INCLUDES –

Accommodation on a share basis with fellow CYoga bookers in a chalet with a patio overlooking the beach and the Red Sea;

all CYoga tuition; trust, joy & understanding of one('s self) peace and fun!

Single huts could be available at same price or bring your own tent, or if you wish sleep with no tent and just use a blanket on the ground while watching the stars.

Please state your preferred accommodation when making your booking. As we have a limited number of chalets reserved for the retreat, they will be allocated on a first-booked basis with 2 - 3 people sharing each unit.

Price –

£560 excl. flights.

A non-refundable deposit of £255 is required on booking to secure your place. Subject to availability.

Payment in full is required 6 weeks before the start of the holiday.

You will be sent an automatic reminder 6 weeks before. Payment can be by cheque or bank transfer.

CYOGA –

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1st Hour is optional and the chance to experience CYoga Martial including qigong/ energy work and tai chi.

The next 1 1/2 – 2 hours are asana/ pranayama/ meditation centered. This class is strong, organic and beautiful to be part of and observe. Work flexibility and strength with acumen and grace...The importance of this moment in (i)understanding CYoga is seen

Brunch.

Evening CYoga of around 2 hours. Involves Asana/ pranayama/ (silent) meditation/ discussion topics.

Dinner follows. Nightly communal (vegetarian or fish) meal.

Night Dancing is a free optional extra. Should be compulsory!

CYOGA

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This is transmission of the CYoga essence. If one understands/ is the essence of CYoga the asana/ position is always perfect.

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CYoga Bodywork Session-

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CYoga Bodywork is holistic and involves acupressure, Yoga, reflexology, physiotherapy, meditation, energy work, chiropractic and Ayurveda. Hands, feet and elbows apply pressure on energetic points, in combination with gentle stretching and applied yoga. This allows the body's natural healing ability.

This is a graceful treatment and beautiful to have.

Many have mentioned the amazing healing ability of Catherine's hands and presence – this is a prime chance to experience this. Catherine shares how this is available to anyone.

Food

There is a “cooking corner” where you can prepare your own meal or make tea any time you wish. There is also a small bakery that produces fresh bread and feta pockets every morning as well as pizza around noon time.

You, yourself record what food or drinks you consume on a piece of paper provided to you upon check-in. Basta trusts that you will be honest in recording these purchases.

Dinner alternates between fish and vegetarian dishes each day. During dinner, everyone sits amongst each other.

Food is approximately £11 a day. Depends on what/ how much you eat!

Payment for food is made directly to Basata at the end of your stay.

REST

There is opportunity to take a camel trip into the desert, visit the coloured canyon, pay a visit to St Catherine's monastery (yippee!) and Mount Sinai, or to simply relax.....

space for excursions, CYoga Bodywork, relaxation and nothingness.....

Meditation, CYoga, CYoga tai chi, CYoga Capoiara, Swimming.....

Snorkelling

Located between two small mountains on a serene and protected bay, Basata has one of the white sand beaches in the area. There are magnificent coral reefs on either side of the bay with coral patches inside and a coral wall enclosing it. There is no particular place one has to swim to in order to snorkel, as the entire bay is teeming with unusual marine life and colourful coral (cc – yippee).

Safari

Basata is one of the best places in the Sinai to arrange a camel or jeep safari, an incredible way to experience the pristine and remote areas of the Sinai with the Bedouins. Trips through the desert, mountains, canyons, oases and wadis (valleys) are arranged with reliable Bedouin guides and can last anywhere from a single day to a few weeks. Basata can arrange a preplanned trips or you can customize your own.

volleyball, boatrip, Chess, Checkers, Backgammon, Scrabble, night beach campfire, trekking, the Library, free space

The climate at Basata is warm (but not too hot) and sunny at December(ranging between 20 and 30 degrees centigrade).

BOOKING–

If you opt to pay just the deposit at the time of booking, you will be sent an automatic reminder 6 weeks before the event for the remainder. Approximately 6 weeks before we will also email you comprehensive information with directions to the venue, what to bring with you (yoga mat), towels, soap.....

TRAVEL–

Flights and Insurance are not included in Price.

Basata is 30 minutes from Taba Airport.

Flights from overseas should be booked to and from Sharm-el-Sheikh or Taba airports. You should aim to arrive on or before Saturday 5th December, and depart on or after Monday y 12th December. If you wish to extend your stay at Basata either before of after the retreat,

Visas

A passport with at least six months remaining is required. If you are flying to Sharm or Taba and will not be traveling outside the Sinai area, no visa is required. If you are flying via Cairo, a tourist visa stamp may be purchased on arrival at Cairo airport at a cost of £10/€15/\$15

Contact CYoga if wanting to be on the same flights/ transfers of fellow Ceers.

<http://www.basata.com/>

Book Now Email: see@cyoga.co.uk.

Further to everyone's emails feel free to share comments on *This Is It: Enlightenment with CYoga* on book websites. I have no opinion on *tt this way*. One sees the illusion of being present and knows *that* one has everything now - whatever *that* is. ,

Best Wishes,

CYoga

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see@cyoga.co.uk

www.cyoga.co.uk

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With the understanding of *this* one gets *that* all days are here now and one creates i