

# Ashtanga Yoga in Vanuatu



Brush off those winter cobwebs and warm yourself with an intensive week of Ashtanga Yoga with Karyn in beautiful, Port Vila, Vanuatu.

**Vanuatu**, located in the south Pacific, is made up of over 80 islands and is renowned for its fantastic underwater world of coral reef formations, colourful tropical fish, and friendly island atmosphere.

More information on Vanuatu:

[www.airvanuatu.com/home/travel-information/vanuatu-islands.aspx](http://www.airvanuatu.com/home/travel-information/vanuatu-islands.aspx)

**Daily classes:** early evening, **5 - 7pm**, a mix of led and Mysore-style, which will include chanting and time for discussion.

**Where:** Port Vila Yoga School, Vanuatu

**When:** Sunday 19<sup>th</sup> - Friday 24<sup>th</sup> September

**Cost:** \$250 (yoga tuition only) \$100 non-refundable deposit required to hold your place.

**Travel:** Book flights ASAP! [www.webjet.com.au](http://www.webjet.com.au)

**Accommodation:** <http://www.tourismvanuatu.com/vanuatu-hotels.html>

For a list of hotels close to the yoga centre, please email me.

Book early! Due to space restrictions places are limited.

To register email [Karyn@bluelotusashtanga.com](mailto:Karyn@bluelotusashtanga.com) ❀