

Reflect and Unwind
with Mira Love on a one week retreat of Gentle Yoga
at the beautiful Casa Delureni in Transylvania, Romania,

Sunday, 7th June – 14th June 2009.



Mira is a qualified British Wheel Of Yoga teacher and has been sharing her knowledge since 1991. She has continued her studies experientially at Ashrams, Including Bihar School of Yoga, India. The breath is her main focus as a way of teaching how to bring body, mind & spirit together.

Check out Mira's web-site: www.miralove.co.uk

Participants will be invited to join Mira in her daily yoga, meditation and relaxation sessions There will also be a visit to a Spa and plenty of free time to have your spirits lifted by the breathtaking Transylvanian countryside.

There are no hedges or fences to divide the fields and wild flower meadows so it is possible to see for ever.

The weather is warm and sunny in June and if you do not wish to sun bathe you can seek the cooling shade provided by large trees.

Back at the guest house the food is Romanian in style and the ingredients come from local farms.

Special diets can be catered for if requested.

The cost of the retreat is £350 including full board and spa trip but excluding travel. (£200 for accompanying spouses sharing a room but not participating in the retreat)

Travel from Budapest airport will be by a pre arranged taxi To Casa Delureni.

All profits from Casa Delureni go towards helping children rescued from the orphanages by the White Cross Mission to live independent and fulfilling lives.

For more information and booking form :

Check out the web-site: www.casadelureni.com

or contact Mira Love Tel: 01736 794179 email: mira@miralove.co.uk