



**Relax, Recharge, Rejuvenate, Re-LIVE!**

## LIVING YOGA PHUKET RETREAT



Linda Loo – Certified Yoga Teacher 500 TTC India, Certified Living Foods Chef/Teacher



Brian Fegley – B.S. Nutrition Science, Living Foods Lecturer/Operations Manager, Ann Wigmore Natural Health Institute (Puerto Rico)



Date: 3<sup>rd</sup> Nov – 7 Nov  
Venue: Nai Yang Resort Phuket  
[www.naiyangbeachresort.com](http://www.naiyangbeachresort.com)

Cost: 1,495USD (Excl airfare)

- Includes:
- 4 Star Accommodation (Twin Share)
  - Daily Yoga Sessions
  - Living Foods Lectures
  - Nutrition Science Lectures
  - Organic Smoothies
  - Organic Living Food Meals
  - 60min Thai Massage

To register and reserve your space, a deposit of USD150 is required. Email [info@thelivingyoga.com](mailto:info@thelivingyoga.com) for availability now!  
[www.thelivingyoga.com](http://www.thelivingyoga.com)

**Give your body that deserved break by...**

**Waking up to Nature everyday...**

**Nourishing your Body with Superior Living Foods every meal...**

**Cultivating your Spirit with Yoga**



