

GUIDED FROM WITHIN, YOGA RETREAT WITH ERICH SCHIFFMANN
11 - 17 AUGUST 2008, COMO SHAMBHALA ESTATE AT BEGAWAN GIRI (BALI)



Following the success and popularity of Erich Schiffmann's retreats at Parrot Cay, guests can now experience his unique approach to Yoga at The Estate in Bali.

Schiffmann emphasises moving into stillness using asana, pranayama, deep relaxation, discussion and meditation. His healing and open style of Yoga, full of freedom and spirit, focuses on being guided from within. He teaches us how to 'live' Yoga enabling students of all levels, including beginners, to be inspired by a natural intelligence.

Erich Schiffmann

Schiffmann first trained in the Krishnamacharya-Desikachar tradition, and later with Iyengar in India. With 40 years experience in Yoga, he is now based out of Los Angeles.

He has produced the awardwinning video *Yoga, Mind and Body* with Ali MacGraw, and is author of the book entitled *Yoga, The Spirit and Practice of Moving into Stillness*.

RETREAT INFORMATION

Rates start from US\$3,804 (Single Occupancy) or US\$6,060 (Double occupancy).

This includes accommodation in COMO Shambhala Estate at Begawan Giri, Four and half hours of Yoga instructions daily, daily breakfast and brunch on Yoga days, welcome & farewell dinners, services of a Personal Assistant and return airport transfers.

Find out more at comoshambhala.bz/retreats

