

# KUNDUN YOGA • France Yoga Retreat

## La Vallée de la Loire

Aug 26 – Sept 2, 2012

\$1855 \*all inclusive  
\$200 discount if paid  
by March 1st

### 7 days twice daily practice yoga in a French Castle @ Chateau de l'Epinay

To invigorate your body & mind start with a Vinyasa  
Flow each morning,

To heal the body and relax the mind end the day with a  
Therapeutic Flow customized to student's need.

Start your own silent meditation/contemplation by joining  
Marie-Aude 30 min before morning class.

By the end of the retreat you will have learned to  
discipline your body, master more advance poses, learn to  
stay at ease in contemplation/meditation, feel renewed  
from a balanced, healthy lifestyle, and attain new heights  
in awareness to help you live life more truthfully with  
greater freedom.

### Each day partake in all the following activities

- discover French culture & speak French,
- eat French gourmet meals,
- hike through the French countryside along side  
this beautiful untamed river "La Loire",
- explore Troglodytes caves,
- absorb the beauty of 800 to 1000 year old castles,  
cathedrals, or just contemplate alone.
- Go biking, swimming, fishing, canoeing,  
horseback riding; get a massage, shop in Angers.



Marie-Aude brings inspiration and healing into the practice of yoga. With an expert hand, guiding & clear instruction on alignment your practice will change rapidly & effortlessly. Over the last 15 years Marie-Aude explored several disciplines of yoga: Kundalini, Ayengar, Hatha, Vinyasa Flow, Power Flow, & Surat Shabda Yoga, giving her great expertise in guiding each student to their next step and filling in the blanks to their honest and truthful desire to grow. She teaches with Love & a joyful heart

To RSVP call (505) 407-4020 or visit [www.kundunyoga.com/yoga\\_retreat.html](http://www.kundunyoga.com/yoga_retreat.html)  
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