

# Yoga

## An ancient practice, a complete way of life



Yoga is a unique and special gift which helps to bring together our body and mind.

Some of the many benefits of Yoga include:

- Increased energy, vitality and strength
- Lightness and flexibility of our body and mind
- Peace, calmness, and tranquility
- Deep awareness and understanding of our self
- Harmonises, balances and nourishes
- Brings mental clarity, focus and concentration.

Carol will offer 10 day (30 hour) certified workshops in April, May and June 2010 in Antalya. Classes include Yoga philosophy, detailed introduction to many Yoga postures, our chakras (energy centres), music meditation, deep relaxation, guided meditation and more. Beginner Yogis are very welcome.

Carol also offers:

- REIKI WORKSHOPS  
& TREATMENTS
- INTRODUCTION TO  
MEDITATION

For more details and bookings contact:

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~IN JOY~

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Irish - born Carol, a qualified Yoga and Reiki teacher and healer studied in SVYASA Yoga University near Bangalore India and Agama Yoga School Thailand. (RYS & IYF). Carol has taught in many Yoga centres throughout Thailand and currently teaches from her studio in Chiang Mai. She has devoted many years studying and immersing herself in the beautiful world of wellbeing, healing and self - exploration.

