



## Yoga for pairs

bond | experience | discover

Camdeboo day spa at Irene Country Lodge and i.yoga would like to invite you to join us in this day's yoga revitalizing programme, specifically designed for pairs.

Spend quality time together | work as a team | bond and share | discover something new about yourself through the eyes of your partner or friend | building team spirit.

The session is suitable for all levels, it is filled with fun, laughter and opportunity to share precious moments together. The sequence is designed for pairs - mother/father and teen, friends, siblings, life partners or anyone who you would like to spend time together with. Or maybe treat that special someone for Valentines day and give them the gift of joy, peace and feeling content.

Date: 17 February 2013 | Time: 8h00 | Place: Camdeboo day spa,  
Irene Country Lodge

### Programme includes:

Yoga means union, to yoke - two energy sources becoming one, in search of balance and harmony.

7h30	arrive and register
8h00 - 9h00	yoga for pairs
9h10 - 9h30	dharana (guided concentration)
9h40 - 10h30	light refreshments
10h45 - 12h15	creative meditation for couples
12h30 - 13h30	free time
13h30	spa treatments begin

Working as a team, you will be challenged to maintain balance together, assist your partner yet remain independent, laugh, play and share quality time together, discover something



new about yourself and your partner.

Cost per person: R 480 for the full programme  
Complimentary morning refreshments included  
Itinerary may change at the organizer's discretion

To book: [info@iyogacentre.co.za](mailto:info@iyogacentre.co.za) | 011 025 0066 |  
082 905 4353

Booking deadline: 11 Feb 13 | 50% non-refundable deposit required on booking; second 50% paid before the day of the retreat 17 Feb 13

Please do not eat 2h before your yoga class, wear comfortable non-restricting clothes, bring your mats, you will be advised to practice bear feet.

