

Yoga Retreat

with Cathy Taylor

On The Hideaway Island of St Klement, Croatia

Friday 11 – Tuesday 15 October 2019

A thoughtful escape from our busy lives
on the 'Island of Rosemary'

£695-£955 pp includes 4 nights accommodation in garden rooms set amidst botanical backdrop, 3 homemade meals daily (inc special vineyard lunch), 2 x modified Ashtanga and Yin Yoga practice daily in nature (12 hours total inc Pranayama & Meditation), private speedboat transfer to/from Split, silent walks amongst the pines, Indian gifts, endless swimming in the surrounding sapphire seas, time and space to relax and restore.

Excludes: airfare, insurance, drinks, optional massage

£200 deposit to secure your place



FHT
Federation
of Holistic
Therapists

07790 775312 | cathytayl@gmail.com
www.cathytayloryogasportsmassage.co.uk





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Sports Massage
Therapist
VTCT Dip. FHT Member



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Yoga
Teacher
Yoga Alliance RYT

