

Yoga Retreat

with Cathy Taylor

On The Hideaway Island of St Klement, Croatia

Tuesday 6 – Saturday 10 October 2020

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

4 nights accommodation in vineyard pension set amidst botanical backdrop,
3 homemade meals daily, 2 x modified Ashtanga and Yin Yoga practice daily in
nature (inc Pranayama & Meditation at sunrise and sunset), private speedboat
transfer to/from Split, silent walk 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

£795 pp investment



FHT
Federation
of Holistic
Therapists

07790 775312 | cathytayl@gmail.com

www.cathytayloryogasportsmassage.co.uk





Yoga Retreat

with Cathy Taylor

On The Hideaway Island of
St Klement, Croatia

Tuesday 6 – Saturday 10 October 2020

07790 775312 | cathytayl@gmail.com

www.cathytayloryogasportsmassage.co.uk



Sports Massage
Therapist
VTCT Dip. FHT Member



FHT
Federation
of Holistic
Therapists



Yoga
Teacher
Yoga Alliance RYT

