

*New Year's Yoga Retreat  
in Essaouira, Morocco  
With David Lurey*



27 December 2008 - 4 January 2009  
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# New Year's Yoga Retreat

Join David for a week of Yoga and Moroccan culture in the seaside town of Essaouira. The retreat will take place at the Dar L'Ouissa Hotel walking distance from the beach and we will have the entire hotel to ourselves.

David teaches 'Mindful Spirited Vinyasa' Yoga with great attention to the alignment and integrity of the postures while also awakening a deeper connection to the spirit. The transformation through David's teaching happens in the body, mind and spirit and each unique practice is a full yoga experience with breath work, postures, relaxation and music.

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PRICE: \$1899 (US) / €1399,-

Includes:

- Ground transportation from Marrakesh to Essaouira
- Daily breakfast and dinner (the mid-day meal is NOT part of the package as breakfast will be served at 10:30)
- Twice daily yoga lessons
- New Year's Celebration Party with Live Music, Dancing and Moroccan Feast
- Shared Deluxe Hotel Room
- Moroccan Cookery Class and a Belly Dance Lesson!

Price does NOT include:

- Air fare to Marrakesh
- Mid-day meal (there are many inexpensive options near and at the hotel)
- Alcoholic beverages

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More information and registration at [www.findbalance.net](http://www.findbalance.net)



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- Additional Food, Beverages and Amenities

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