



2008 France Yoga Retreat

- June 21 - June 28 in the Southwest of France
- France vacation for less than 2,000* Euros
- Twice a day yoga classes
- Full accommodation, 3 full meals a day

Bruno Teyssandier welcomes everybody to one of the most beautiful place in the Southwest of France, la Fleunie, for the healing journey, developing your yoga practice, meditation - expanding the light and essence of our being.

Location — La Fleunie is a historically rich, country size small town. Located between le Limousin and le Périgord, just 350 miles south from Paris.

Accommodation — At the luxurious 'Château de la Fleunie', in the peaceful heart of la Fleunie. Dating from the 11th and 15th centuries and standing in grounds of 106 hectares. Spacious accommodation ensures your stay is both peaceful and comfortable. Delicious, authentic meals prepared with fresh produce, representing the best in Périgord cuisine. Two tennis courts, rambling, safari park, canoeing, horseriding... available

Schedule — Two hour morning classes will be held at 'Château de la Fleunie'. Breakfast will be served, followed by visit of the Caves, Castles, and little towns of south of France. Full lunch and more visits in the afternoon before the second class followed by a nice dinner.

Instructor — Bruno Teyssandier started teaching yoga in 1999 establishing himself as a graduate of various forms of yoga including: Bikram's Yoga College of India, Tony Brigg's Iyengar Teacher Training and Dr. Karendikar's Therapeutic Restorative Yoga Program in Pune, India. Currently Bruno runs a Bikram Studio in New Orleans. Bruno is a the founder and principle teacher of Yoga 108.



Please contact for more info: Phone: (504) 717-8557 Email: bikramyoganeorleans@gmail.com

Trip length: 7 days 7 nights

Retreat Dates: June 21 - 28

Retreat Price: Euros 1600 (if registered before December 31st)
Euros 1900 after December 31st

Meals: All breakfasts, All lunch, All dinners

The retreat starts and ends in Brive la Gaillarde!

*** Please reserve your space by December 31st, 2007.

Registration starts November 1st. A deposit of \$600 is required with registration. Full payment is required by April 1st and there will be no refund after May 1st.

*** These rates include accommodations, three meals daily, yoga classes, and many day trips in the French countryside: caves, castles, gardens, and more.

*** These rates do not include airfare, transportation to and from Brive, guided excursion trips or services.

Visit: yoga-108.net for more info!