



# POWER YOGA - YOGA & WELL-BEING HERM ISLAND RETREAT

Offer Expiry Date  
08/11/2019

Can only be used at  
**Herm Island**  
The White House Hotel, Herm Island,  
Guernsey  
GY1 3HR.

Tel: 01481 750075



## Description/Terms and Conditions

Join Power Yoga in the wonderful setting of Herm Island - the perfect location for a yoga and well-being retreat on 8th-10th November 2019.

Two night package includes:

- Return boat transfer from/to Guernsey
- Accommodation at The White House Hotel
- Yoga tuition focused to accommodate ALL levels including:
  - Asana (physical postures), Pranayama (breathing), Savasana (relaxation) & Yoga Nidra
- Meditation sessions (optional)
- Healthy and delicious vegetarian breakfasts & evening meals (vegetarian & fish)
- Refreshments: herbal teas, teas, coffee, healthy snacks & fruit
- Free time to explore Herm at your leisure
- Various treatments available (on request)

There will be 20 places available.

For more details or to book your space, please contact Caroline Wickham: [poweryoga@cwgsy.net](mailto:poweryoga@cwgsy.net)

2 NIGHTS £369 (single) or £319 (sharing)

PLEASE MENTION THEBESTOF GUERNSEY WHEN YOU CLAIM THIS OFFER. NO VOUCHER REQUIRED.

This voucher has no cash alternative and is not transferable. It cannot be used in conjunction with any other offer or promotion. Photocopies will not be accepted. Rights are reserved to refuse custom and withdraw this offer at any time.