

ANGKOR WAT, CAMBODIA  
JIVAMUKTI KARMA YOGA RETREAT  
6 - 13 March 2011 (8 days/7nights)



with

Yogeswari - Advanced Certified Jivamukti Teacher, NYC  
cat - Advanced Certified Jivamukti Teacher, London



Sunday, 6 March – Sunday, 13 March 2011

Cost: £975\* (based on double occupancy)

**DISCOUNT - ONLY £900\*** if paid in full by 1<sup>st</sup> December

Deposit: 50% to reserve place. Balance due: 7<sup>th</sup> January, 2011

- cash, cheque or bank transfer only -

The Retreat: 7 nights shared accommodation at the deluxe Angkor Village & Resort, two meals per day, THREE excursions with local Angkor Wat specialist, one spa massage, 3 hour class daily, satsang and karma yoga contribution\*. Flights, required visa & immunizations, transfers, Angkor Wat entry pass and travel insurance are NOT included.

The Karma Yoga: "The key to finding happiness in your own life is to do what you can to uplift the lives of others." – Sharon Gannon, Co-Founder, Jivamukti Yoga  
\*10% of the tuition will be allocated to help reinforce the benefits of Yoga in the lives of a group of children from Kien Kleang Orphanage in Phnom Penh, Cambodia. Their presence and participation in the retreat is only one element.

The Accommodation and Practice Space: Angkor Village & Resort is near the Angkor archeological park and features an elegant wooden palace, exquisite spa, and beautiful cottages set amongst lush tropical gardens and along a unique river-shaped pool. To view images, learn more about this ideal serene setting for yoga sadhana, please visit their website at: [www.angkorvillage.com](http://www.angkorvillage.com)



Angkor Village and Resort – Cottage Houses/Serpentine Pool

The Teachers: Yogeswari is a highly respected resident Advanced Certified teacher at the Jivamukti Yoga School in New York but equally spends time teaching Yoga all over the world. For her detailed biography please visit her website at: [www.yogeswari.org](http://www.yogeswari.org)

cat is an Advanced Certified teacher and the Assistant Director at Jivamukti Yoga London. Originally from NYC and forever a devoted student of Yogeswari, she lives and teaches full time in London. For her biography please go to: [www.jivamuktiyoga.co.uk](http://www.jivamuktiyoga.co.uk)

The Reservation: How to book in? Reservations will be based on a first come first served policy. Please contact BOTH via email with enquiries, [cat@jivamuktiyoga.co.uk](mailto:cat@jivamuktiyoga.co.uk) and [yogeswari@yogeswari.org](mailto:yogeswari@yogeswari.org).

The Fine Print: A 50% deposit in order to hold a space. Full payment is required to confirm reservation no later than 7 January 2011. Cancellations after this date are subject to forfeiture of full payment. We encourage double occupancy due to limited capacity; however, single rooms are available at an additional charge of £400. A detailed itinerary will be available closer to the retreat.