

YOGA VACATION IN SOUTHERN FRANCE

MAY 8-15, 2010

COME & ENJOY rich yoga teachings--whether you are just beginning yoga or want to deepen your practice in beautiful, inspiring & historical Southern France.

Where: Chateau Perroterie
(Duras, France)

When: May 8-15, 2010

Why: Add more Joy, Health,
Inspiration & Peace to your
life!

Price: \$2,299 per person
**Last day to register is March
15th*

How: Call 630-341-4651 or
e-mail
sunnydayconcepts@aol.com

Who: Margret-Anne
Cummings of SUNNY DAY:
Concepts for Living
**Certified Yoga & Meditation
Teacher*

Website: Visit Chateau
Perroterie @
theretreatinfrance.com
To see photos & read MORE
about this great opportunity!

*Please call or e-mail me
with any questions



The Bordeaux wine valley is full of rolling hills, vineyards, plum farms, & all the charms of La Belle France.

This week is a blend of twice daily yoga, optional meditation & multiple cultural excursions:

- 60 minute Massage for each guest!
- Day trip to Saint-Emilion w/guided tour
- Tour of local vineyard and wine tasting
- Tour of Chateau Duras, the local castle
- Biking & walking the 25-acre property
- Visit to Plum Village (& much more!)

7 days to Relax, Restore & Rejuvenate your
Entire Self—inside & out!

...all while enjoying the company of warm-
hearted people, amazing food & wine!

This opportunity is open to 6-16 guests & includes:
7 nights accommodations, all meals w/wine, outdoor
pool, Wi-Fi, Yoga & Meditation instruction, day trip
to St. Emilion, wine tasting & tour, & transportation
from airport to Chateau Perroterie (airfare is not
included)

Please also visit:

www.chateau-de-duras.com

to read more about Mona: www.monamyoga.com

