

daylesfordorganic

LUC CHOLEY AT THE HAY BARN,
SATURDAY 27th and SUNDAY 28th JUNE 2009
KUNDALINI YOGA AND FITNESS

“Be bountiful, beautiful and blissful with yourself”

Enjoy 2 days of yoga, fitness and relaxation with the world renowned Luc Choley, who has been teaching Kundalini yoga for 20 years and has been taught by the master of Kundalini yoga, Yogi Bhanan. Luc will start the day with yoga and breathing techniques which are designed to give vitality, radiance, peace and strength. After a delicious organic vegetarian lunch the emphasis in the afternoon shifts to meditation.

On Sunday, Luc who is also the Fitness Manager at Hotel du Cap in the South of France, takes his experience of getting fit for the Olympic games with teach yourself fit to include cardio dance. Following a healthy vegetarian lunch, Luc will focus on exercises for abs, waist, buttocks, spine as well as stretching; perfect to get in shape for summer

Programme:

Saturday 27th June

10.00am organic yogi tea

10.30am sadhana (spiritual discipline in through dynamic exercises)

12.30pm vegetarian lunch

2.00pm meditation with sacred chants

4.15pm questions and answers

Sunday 28th June:

Programme:

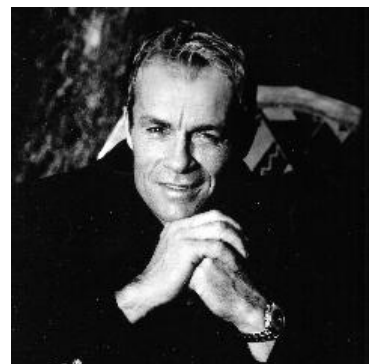
10.00am Organic Juices

10.30am teach yourself fit (cardio vascular)
to include cardio dance

12.15pm vegetarian lunch

2.00pm specialist exercises for abs, waist
buttocks and spine and stretching

4.15pm Questions and answers



Cost is £65 per day or £120 for 2 days.

For more information or to book please call

The Hay Barn on 01608 731703 or email haybarn@daylesfordorganic.com

Recommended B & B accommodation for Hay Barn customers:

The Plough, Kingham from £85 per night for 2 people: 01608 658327

www.thekinghamplough.com

The Horse and Groom, Upper Oddington from £90 per night for 2 people: 01608 830584

www.horseandgroom.uk.com

Lower Farm House, Adlestrop from £96 per night for 2 people: 01451 658756

www.adlestrop-lowerfarm.com