

YOSSUM Yoga & Meditation Retreat

June 19 to 25, 2010

Andalucia Mountains - Spain

The YOSSUM Retreats - www.yossum.com - are designed to provide the participant with a taste of Yoga in its entirety. We offer a different program from most yoga holidays. Our retreats are hosted by two highly qualified teachers, Ma Prem Kali and Lori Sjollema. These retreats have been carefully structured to provide beginners with clear guidance and to take advanced students to their next level.

The June 2010 Retreat will take place at The Hacienda, a beautiful retreat center in the mountains of Andalucia. This retreat center is a 1 ¼ hour drive away from Malaga International Airport. Malaga Airport is an easy destination from all the major cities in Europe and a charter van will be arranged.

Retreat price

The price for the June 2010 retreat is €940.00.

It includes:

Accommodation in a lovely twin-share room for 6 nights,
Big-brunch and dinner (delicious vegetarian food!),
this is an alcohol-free retreat

All the yoga classes, meditation sessions and self-understanding exploration workshops.

Does not include:

Flight costs

Cost of the charter van from Malaga Airport which will be shared by the number of participants using this facility (approx 30 euros per person each way).

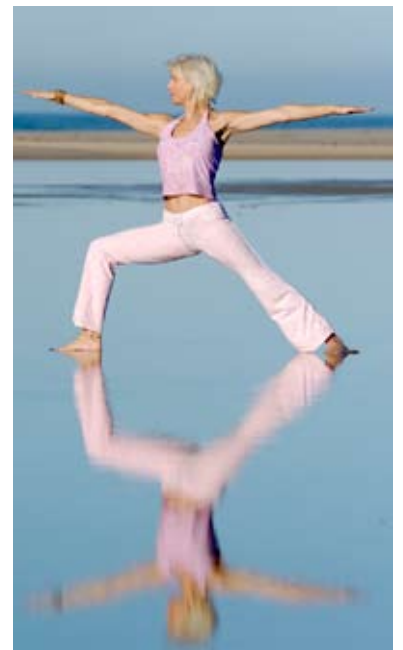
The shuttle leaves the airport on Saturday June 19th at 13:30 and will drop you off at the Airport on Friday June 25th at 13:30. Please book your flights accordingly.

Typical day at the Yossum Retreat

07:30 – 08:15	Meditation Practice
08:30 – 10:00	Hatha Yoga session
10:30	Brunch
11:00 – 14:00	Free time / Optional sessions
14:00 – 16:00	Self-Understanding workshop
16:30 – 17:30	Free time / Optional sessions
17:30 – 19:00	Hatha Yoga session
19:15	Dinner
20:30	Meditation Practice

We highly recommend that you read the detailed information about the Yossum Retreat on our website to gain the most from your experience. For further details and pictures of the accommodation please see under the heading Hacienda retreats by clicking the following link:

http://www.yossum.com/retreats/yoga_retreat_spain.php



Extra sessions available at the retreat

Although the activities included in the retreat make the retreat complete in itself, we do offer extra sessions to deepen your experience and address issues on a one-to-one basis.

Ma Prem Kali - Self Understanding

Her sessions are a valuable addition to your own experience at the retreat. Kali uses the Enneagram system as a mirror for your inner work. Her sessions are powerful and are eye opening. These sessions tend to get fully booked in advance. Please indicate in your Booking Form if you would like us to reserve times for you.

Lori Sjollema - Private Yoga & Thai Massage

In addition to being a gifted yoga teacher, Lori also has healing hands. Her training and experience in Massage Therapy and Thai Yoga Massage enables her to assist her clients to overcome pains and fears and create more flexibility and freedom of movement within their bodies.

Heath Wilson - Rolf Method of Structural Integration

Rolf is a structural bodywork which improves posture and reduces pain at the root-cause level, yielding lasting results. Rolf Sessions re-balance the body via precise manual manipulation of the client's connective tissue. Movement awareness education is part of Rolf Sessions, which helps clients maintain the benefits received during the manual work of the session.

Self Understanding Workshops

The Self Understanding Workshops are based on the Enneagram system, a unique tool that offers a structural map of human behaviour. The Enneagram gives us a very clear map to guide us to analyse our personality structure and to become aware of our conditioned behaviour patterns. You could say the Enneagram gives us a magnifying glass to understand what is going on with our mind.

The system is comprised of 9 Personality Types or ways of operating in the world and, although all of us have each type of the Enneagram within us, there is one type that we are most "fixated" with and operate from. The Self Understanding sessions enable us to discover our personality type, to understand our underlying motivations and how we can keep getting "stuck" in repeated behaviour patterns. Self Understanding gives us a tool to begin to understand the box we put ourselves (and others) in. Which ultimately can help us to be set free from our self imposed limitations.

To get the most from these sessions we recommend that you take the approved test by clicking the attached link, so that you will be aware of your personality type when you arrive at the retreat.

http://www.enneagraminstitute.com/Tests_Battery.asp

You can take a short sampler test, which is free of charge and takes 10 minutes. Or preferably the full RHETI test which takes about 45 minutes and costs US\$10.



Next steps to secure your booking

1. Fill out the Booking Form and send it to us. Please click on the following link: <http://www.yossum.com/retreats/bookingform.html>

2. The second step to secure your booking is to make the payment. Please see information below.

Payment for the June 2010 Retreat – Total price is €940.
The retreat deposit (non-refundable) is €300.

Full payment (or the balance due if you paid a deposit) must be made 8 weeks before the retreat begins – April 24th, 2010.
Please see cancellation policy below.
Please note your place is only secured once the payment of the deposit has been received.

Bank Transfer Information

Bank: Unicaja
Account name: C.E. Ornelas
Bank account no. 2103 0291 6 0 0030001950
Branch: 0291-6 Nueva Andalucia
IBAN: ES23 2103 0291 6000 3000 1950
Swift BIC Code: UCJAES2M

Unicaja – Address:
Urb. Guadaiza, Edf. Albatros III, Local 5
Marbella – Malaga - 29680 – Spain
Phone +34 – 952 906082

Please be aware of the following guidelines when making your bank transfer:

- All deposit payments are non-refundable.
- All bank transfer fees need to be paid for by the participant. Any bank transfer fees incurred by Yossum must be covered by the participant in cash at the retreat.
- All foreign transfers must be received in Euros. A good website to check currency exchange rate is www.xe.com

Cancellation policy

If you must cancel your place on our retreat, our cancellation policy is as follows:

- A cancellation more than 8 weeks before the retreat begins:
We will refund you the payment received less the deposit.
- A cancellation 3 to 8 weeks before the retreat begins:
We will refund 50% of the total cost of the retreat.
- A cancellation less than 3 weeks before the retreat begins:
We apologize, but we are unable to refund any of the payment.

Thank you for your booking and we look forward to welcome you at the Yossum Retreat.

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