



DEEP FOCUS YOGA THERAPEUTIC YOGA

with Holbrook Newman

Saturday, August 30 through
Thursday, September 4



A week's worth of yoga workshops incorporating a variety of targeted Therapeutic Yoga techniques including Yoga for Back Injury, Yoga for Headaches, Chair Yoga for those who sit at a desk all day, Sukshma Yoga (subtle Yoga to prevent aging), Restorative Yoga and Pranayama (breath work).

Holbrook places strong emphasis on proper alignment for both the practice of yoga and your body as you move through your day at work and at play.

Holbrook has trainings in a variety of disciplines which uniquely qualify her to work in a therapeutic and results oriented way with the practices of yoga. Enjoy energizing vinyasa flows with a strong focus on creating and restoring balance, steady breath and peace of mind.

Mayflower Destination Spa's customary luxury accommodation, spa cuisine meals, active body, mind-spirit and luxury treatment offerings will enhance your experience. Appropriate for all levels.

Deep Focus Therapeutic Yoga is available on the following Destination Spa plans:

ABOVE AND BEYOND EXPERIENCE

Unlimited treatments from \$4,800

MINI-LUXE EXPERIENCE

Two night getaways from \$2,250, three night escapes from \$2,700