



COMO SHAMBHALA

The Practice of Yoga : 10 to 16 April 2011

A six-night Yoga Retreat with Andrea and Christina Curry



Parrot Cay's popular and highly experienced former resident Yoga specialist, Andrea Curry, in collaboration with her sister Christina who headed up the Yoga offering at COMO's award-winning COMO Shambhala Estate in Bali will be leading a six-night Retreat at Parrot Cay, Turks & Caicos. The Retreat will be open to all, including beginners. During the Retreat, students' strength and flexibility will be challenged through creative sequencing, poses and alignment cues. In addition, the mind and body will explore the practices of pranayama and meditation.

Woven through each class will be challenging and restorative sequences as well as information on how to lead a more comprehensive yogic lifestyle. Guests will explore and move beyond physical and mental barriers—aided by the sisters' listening approach—in order to promote feelings of balance, energy and relaxation. Throughout the Retreat Week the Curry sisters will also recommend specific COMO Shambhala treatments that will benefit each guest, whether it is a calming COMO Shambhala Massage or Reiki session. Daily meals from the healthy and delicious COMO Shambhala Cuisine menu will complement the rounded physical, mental, and spiritual experience.

Andrea Curry

Andrea has been practicing Yoga for over 18 years, teaching internationally since 2000. She completed a teacher training with David Goulet and Marina Hallerman in Thailand and a teacher training with Ana Forrest in Seattle. Her passionate and focused style draws inspiration from Ashtanga, Vinyasa and Forrest Yoga traditions. Her classes integrate stretch, strength and flow with the application of precise alignment, breath and meditation. She invites people to explore their limits, embrace their intuition and relax deeper into their practice. Andrea's mission is to share what she knows with others in a joyful, challenging yet nourishing way.

Christina Curry

Christina trained with David Goulet, Marina Hallerman and Ana Forrest and most recently with Ganga White and Tracey Rich through the White Lotus Foundation. Her passion for Yoga led her to Thailand in 2002; she has since been teaching in the Maldives, Bhutan, Bali, the US and throughout Europe. Her style is grounded in Vinyasa Yoga, with an enthusiastic exploration of pranayama, Hatha and Raja Yoga, her experience, ranging from Restorative Yoga to Ashtanga, contributing to her unique approach. Christina focuses on liberating the body and mind from various blockages that impede an individual on their path toward inner peace.

INCLUSIONS:

- Six nights accommodation at Parrot Cay
- Four and half hours of Yoga instruction
- Daily full American breakfast
- Daily lunch and dinner from a specially prepared COMO Shambhala Retreat Menu (beverages not included)
- Roundtrip airport transfers

RATES:

Costs from \$6,672 (single occupancy) and \$9,685 (double occupancy) for Garden Room including tax and service charge.

CONTACT:

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