



COMO SHAMBHALA

The Curry Sisters' 'Recharge' Retreat at Parrot Cay

Retreat with Andrea and Christina Curry 22 - 28 April 2012



Yoga specialist Andrea Curry, in collaboration with her sister Christina, will be leading a six-night retreat at Parrot Cay in the Turks and Caicos. The Retreat will be open to all, including beginners. Daily yoga classes will include pranayama, meditation and asana. Through creative sequencing and open dialogues, this empowering retreat will explore habitual thoughts and behaviours, strengthen the mind and body, and encourage inner peace 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 19 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 and Marina Hallerman, Ana Forrest, Ganga White and Tracey Rich as well as taking retreats with many of the world's great Yoga Masters. Her passion for yoga led her to Thailand in 2002; she has since been teaching in Thailand, the Maldives, Bhutan, Bali, the US and Europe. Her style is grounded in Vinyasa Yoga, with an enthusiastic exploration of physical alignment, pranayama and meditation, 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
- Daily breakfast
- Daily lunch and dinner from a specially prepared COMO Shambhala Retreat menu
- 4.5 hours of yoga instruction daily from 23 to 27 April 2012
- Roundtrip airport transfers
- Tax and service charges

RATES:

From \$4,886 (single occupancy) and \$7,645 (double occupancy) for a Terrace Room.

CONTACT:

COMO Shambhala Retreat
Parrot Cay and COMO Shambhala Retreat
PO BOX 164 Providenciales Turks and Caicos Islands
Tel: +1 649 946 7788
Email: parrotcay@comoshambhala.bz Website: parrotcay.como.bz