



## THE CURRY SISTERS' RESTORE RETREAT AT PARROT CAY April 27th – May 3rd 2014

Yoga specialists and sisters, Andrea and Christina Curry will be leading a six-night yoga retreat at Parrot Cay, in the Turks and Caicos. Through creative sequencing and open dialogue, this empowering retreat will encourage the exploration of habitual thoughts and behaviours, strengthen the mind and body, and inspire a more conscious way of living and communicating. Practitioners will leave feeling revitalized and more adept in their personal practice. Daily classes will include Vinyasa flow, Hatha and Restorative asana practice, grounding and recharging pranayama as well as daily meditation. The sisters will use their years of practice and teaching experience to inspire participants to connect to their bodies, minds and hearts and to embody their greatness. The retreat is open to all levels of practitioners.

**Andrea Curry** has been practicing yoga for over 19 years, teaching internationally since 2000. She has studied with Seane Corn, Ana Forrest, Noah Maze, David Goulet, Marina Hallerman and many other great Yoga Masters. Her devotion to outreach work has led her around the world with all kinds of work in several different cultures. Her passionate and focused style draws inspiration from many traditions including Vinyasa, Anusara, Forrest, and Iyengar yoga. Her classes integrate relaxation, 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 her passion with others in a joyful and challenging yet nurturing way.

**Christina Curry** has studied with David Goulet and Marina Hallerman, Ana Forrest, Ganga White, Tracey Rich and Noah Maze as well as taking retreats and workshops 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, meditation and conscious living. Her experience ranges from Restorative Yoga to Ashtanga, which contributes 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 and authenticity.

### INCLUSIONS

- Six nights accommodation at Parrot Cay
- Daily American breakfast
- Lunch and dinner from specially prepared COMO Shambhala Retreat menu
- 4.5 hours of daily yoga instruction with feature yoga instructor
- Roundtrip airport transfer

### RATES

- Retreat rates start from US\$5123 for single occupancy and US\$8003 for double occupancy, including tax and service charge.

### COMO Shambhala Retreat, Parrot Cay by COMO

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