



SPRING INTO BALANCE

THE CURRY SISTERS YOGA RETREAT

AT PARROT CAY BY COMO



In April 2015, Parrot Cay by COMO – our private island resort in the Turks and Caicos Islands – is welcoming the Curry sisters to lead a six-night yoga retreat in the calming surrounds of this Caribbean getaway.

Early in the new year is the ideal time for a physical and spiritual spring clean, giving the opportunity to clear bad habits and plant seeds of positivity to create the life you want. During this comprehensive retreat, Andrea and Christina will work with you to encourage the exploration of habitual thoughts, balancing body and mind to help you live and communicate more consciously. Daily classes will include Vinyasa, Hatha and Restorative asana practice, as well as pranayama breathing and meditation.

Together the sisters have been practicing yoga for over 30 years. Andrea, who studied with masters such as Seane Corn and Ana Forrest, has been teaching internationally since 2000, drawing from different yogic traditions. Christina, whose expertise ranges from Restorative yoga to Ashtanga, also learnt her skills under renowned masters such as David Swenson and Noah Maze. She focuses on liberating her students from the blockages that impede the path to inner peace.

The Curry Sisters' retreat, open to all levels of experience, takes place from 19th to 25th 2015. Prices start from US\$5,453 for single occupancy and US\$8,528 for double occupancy, including all meals and four-and-a-half-hours of daily yoga from 20th – 24th April 2015.

Prices are subject to government tax and service charge.

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