



STRENGTHEN AND SURRENDER

THE CURRY SISTERS AT PARROT CAY BY COMO

Between April 24th and April 30th 2016, Parrot Cay by COMO – our private island resort in the Turks and Caicos – is pleased to welcome the Curry Sisters to lead a six-night yoga retreat, with a focus on embracing strength while learning the art of surrender.

In order to balance the two opposing energies, guests will be encouraged to explore their thoughts and behaviours to reach a more conscious way of living and communicating. Open to all levels of yoga practice, classes will include Vinyasa, Hatha and Restorative asana practice, grounding and recharging pranayama, as well as meditation.

Inclusions

- Six nights accommodation at Parrot Cay
- Daily American breakfast
- Lunch and dinner from COMO Shambhala Retreat wellness menu
- One 60-minute COMO Shambhala Massage
- Five days of yoga instruction (4.5 hours), April 25th to April 29th
- Roundtrip airport transfer

The retreat is priced from US\$5,746 for single occupancy and US\$9,004 for doubles, including 10 per cent service charge and 12 per cent government tax.

For more information and to book, please contact COMO Shambhala Retreat on parrotcay@comoshambhala.com



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