



EMPOWER AND RESTORE

THE CURRY SISTERS AT COMO PARROT CAY



Between April 30th and May 6th 2017, COMO Parrot Cay – 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.

Guests will be led through strong, energising morning practice and gentle, restorative evening sequences. The combination of the two energies will leave practitioners feeling stronger in their practice, as well as rejuvenated before returning home.

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 COMO Parrot Cay
- Daily American breakfast
- Lunch and dinner from COMO Shambhala Retreat menu
- One 60-minute COMO Shambhala Massage
- Five days of yoga instruction (4.5 hours)
- Roundtrip airport transfer

Terms and conditions: The retreat – starting on May 1st and ending on May 5th 2017 – is priced from US\$6,753 for single occupancy and US\$10,162 for doubles, including 10 per cent service charge and 12 per cent government tax.

For more information
and to book, please email
parrotcay@comoshambhala.com
or call +1 649 946 7788.



COMO
PARROT CAY