



COMO SHAMBHALA

# Yoga in Balance: 28th February to 6th March 2010

A six-night Yoga Retreat with Andrea and Christina Curry



Parrot Cay's popular and highly experienced resident Yoga specialist, Andrea Curry, in collaboration with her sister, Christina, who heads up the Yoga offering at the company's award-winning COMO Shambhala Estate in Bali will be leading a six-night Retreat at COMO private island in the Turks and Caicos in early spring. The Retreat will be open to all, including beginners.

Parrot Cay is well suited to clients wishing to address fundamental issues of health and balance. The environment is truly serene: a mile-long stretch of sand, a dedicated Yoga Studio aired by the trade winds, and private, spacious accommodation to help you take your mind off all thoughts except those of better health and relaxation.

During the Retreat, students' strength and flexibility will be challenged in order to prepare the mind and body for the more subtle practices of pranayama and meditation. Woven through each class will be information about the chakras. Guests will explore and move beyond physical and mental barriers—aided by the sisters' listening approach—in order to promote feelings of balance, energy 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 15 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, Marina Hallerman and Ana Forrest and most recently with Ganga White and Tracey Rich through the White Lotus Foundation. Her passion for Yoga led her to Thailand in 2002; she has since been teaching in the Maldives, Bhutan, Bali and the US. Her style is grounded in Vinyasa Yoga, with an enthusiastic exploration of Pranayama, Hatha and Raja Yoga, 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 (28th February to 6th March 2010)
- Full American breakfast, lunch and dinner daily from a specially prepared COMO Shambhala menu (beverages not included)
- Round-trip airport transfers (for commercially scheduled flights only)
- 4.5 hours of group Yoga per day

### RATES:

Costs from \$6,617 per person (single occupancy) and \$9,605 (double occupancy) including tax and service charge.

### CONTACT:

For more information and to make a reservation, please contact Susan Allison, COMO Shambhala Manager  
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