

# Commune with the Energy within

10 —15 June 2008



Yoga is more than balance, Balance is achieved when two things are equal, Yoga happens when two become one, Yoga is Energy.

Join Gabriel Azoulay on the energetic paths of Ashtanga and Yin Yoga where Kamalaya will be full of energy.

## You will learn:

- what is breath energy
- how energy moves in the body
- going beyond balance
- taking yoga beyond the mat

## This will also include:

- morning improvised ashtanga
- philosophy made simple
- sunset yin yoga
- evening dance meditations

## Inclusive of:

- accommodation
- fabulous meals
- excursions and more...

To sign up, click at the link:  
[www.kamalaya.com/yoga-thailand-10.htm](http://www.kamalaya.com/yoga-thailand-10.htm)