

YOGA RETREAT

with **ELIZABETH EVA ANN GROLLE**
at the **Yoga Shack, Nusa Lembongan, INDONESIA**
MARCH 22nd to 27th 2015

The island

Only a 30 minute boat ride away from the island of Bali lies Nusa Lembongan, a stunning and quiet small paradise island.

The retreat is suitable for all levels from complete beginner to super advanced.

We will be practicing dynamic vinyasa yoga and yin yoga each day throughout the week.

You should leave feeling more flexible, stronger, more peaceful and in a mighty fine place.

Price: £400, includes all yoga tuition

For more info with a detailed schedule, about accommodation and how to get there visit:

tinyurl.com/Lembongan

www.gratitudegracegrowthyoga.com

or e-mail: elizabethgrolle@gmail.com



The retreat



About the teacher



British born Elizabeth discovered yoga 15 years ago coming from a dance performance background. Having lost both her parents in her late teens she found the practice of yoga extremely healing, nourishing and supportive.

Elizabeth has been teaching for 10 years now and for the last 5 years around the world. She is constantly inspired by music, dance, love, freedom, art and film. Elizabeth teaches dynamic vinyasa and yin yoga.

She says: "I like to help individuals carve their own paths and be able to express and open up their own unique joy within, through asana and practice. Exploring the Space Within and around the physical body and developing a relationship with the earth and sky ..."