



Dharma Healing International & Deborah White Yoga Present

www.dharmahealingintl.com

The Yoga-Fast with Deborah White & Hillary Hitt

Contact: hillary@dharmahealingintl.com, dlwhite@rogers.com

December 12 to 18, 2011

Viva Vacation, Koh Samui, Thailand

Restorative hatha yoga classes will be integrated with Dharma Healing Int. fasting program to enhance the detox & healing process. *Re-energize, while you learn to empower yourself with proper nutrition.*

Yoga practice is fun, accessible and beneficial for yogis of all ages and experience. Beginners welcome.

Yoga-Fast Price: 23,000 THB (Thai baht) plus accomodation

Price includes a minimum of 2 yoga classes daily & complete fasting program.

All Yoga classes & Fasting Program to be held at Viva Vacation, Koh Samui, Thailand

Experience the healing energy of yoga and fasting in a pristine setting

Yoga Vacation

Contact Deborah White - dlwhite@rogers.com

December 19 to 23, 2011

Stay & break the fast and enjoy Koh Samui.

Twice a day yoga classes available at Viva Vacation, Island price: 400 Baht per class, Buy 5 get 6th class for free.

Accommodation: Viva Vacation www.vivavacationresort.com

Villa accommodation (extra bed & triple acc. price avail on request):

Single: 1900 THB per villa per night Double: 2,300 THB per villa per night

Alternate beach house lower cost accommodation is also available - 5 to 10 minute walk from Viva Vacation. Please contact Hillary Hitt for detail.

Travel: Flights, transfers and travel insurance are not included

• Charges will be in Thai baht on day of billing. • Accommodation fees to be paid direct to resort.

Space is limited. Non-refundable deposit of 6,100 THB (\$200 CAD) required to hold your place.