

**Uma Paro Resort Presents:
A Yoga and Meditation Retreat with Judy Krupp - 12 to 18 July 2009**

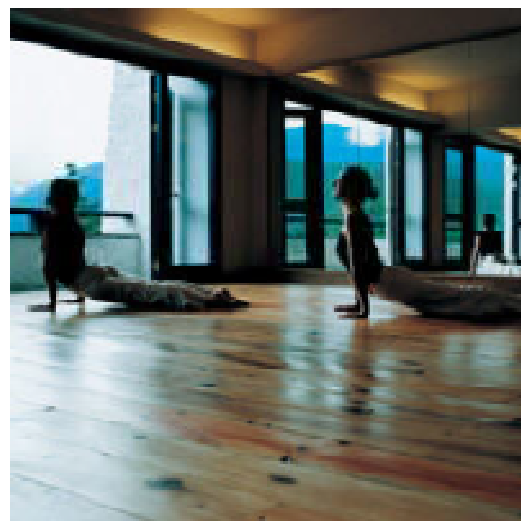


COMO Shambhala Retreat at Uma Paro in the uniquely peaceful Himalayan Kingdom of Bhutan presents a six-night Yoga Retreat with Sydney based teacher Judy Krupp and with over 20 years experience her likeable humour and nurturing style has inspired and made many devotees from beginners to the experienced.

The retreat is suitable for all levels, including beginners, with each student encouraged to move beyond their perceived limitations. Up to four hours of daily group instruction include active asana practice each morning. Afternoons are made up of restorative poses, pranayama and meditation.

Judy will work on alignment to create an ease of movement that will lengthen and strengthen the body, open up the mind and create a general sense of calm and wellbeing.

At Uma Paro, conditions are ideal with a holistic spa, healthful food and a dedicated Yoga studio.



Retreat Package Inclusions:

- ❖ 21 hours of yoga & meditation instruction
- ❖ Accommodation throughout at Uma Paro
- ❖ Return airport transfers
- ❖ Four cultural excursions including- Kyichu Lhakhang, Taktsang Monastery, Drugyel Dzong & local walks.
- ❖ A hot stone bath & 90 minute massage
- ❖ Breakfast & lunch daily
- ❖ Two dinners

Not Included:

- ❖ Beverages
- ❖ Meals other than those detailed above.
- ❖ Drukair fares to/from Bhutan

Prices Start From:

- ❖ USD \$3,240 per person (double occupancy).
- ❖ USD \$4,092 per person (single occupancy).