

HOW LIFE MOVES

Yoga - Pilates - Garuda & Dance Holiday
1st - 8th JULY 2017

with Laura Guarnera @DanenaYoga - Sicily

Take an incredible journey of discovery with us to the sun-drenched Island of Sicily! Experience this magic week of Scaravelli Yoga, Pilates, Garuda method and Dance, to find renewal and vitality in nature's paradise. Revitalise your body and mind with a powerful combination of daily classes, nourishing foods, stunning surroundings, culture and history.

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