



Yoga Ski France With Joanna Najduch & Taylor Made in St Martin



**2019 - ALL YOGA HOLIDAYS ARE
NOW FULLY BOOKED!!!!!!**

Ski Weekend 22 – 26th Jan £575

Ski Week 27Jan – 3rd Feb £795pp

Ski Weekend 20-24th March £575 pp

I have teamed up with my good friend Lucy from Taylor Made in St Martin to offer a wonderful week in a catered chalet with an outdoor hot tub on the balcony! The chalet is located in a picturesque village of St Martin de Belleville, in the famous and extensive Trois Vallees skiing region in the French Alps!

Lucy is an amazing chef and she will be looking after us with her delicious and nourishing gourmet menus! Expect to be treated to full breakfasts, afternoon tea with homemade cakes, delicious 4 course evening meal with canapés and wine and chocolates!

The daily schedule will run as follows:

7.45- 9.00 am - Morning Yoga Flow

9.00-9.45am - Breakfast

10.00-4.00pm - Ski

4-5pm -Afternoon Tea

5.15-6.30pm - Massage, Hot Tub, relax.....etc

6.00-7.15pm - Evening Relaxing and Restoring Yoga

8.00pm- 4 Course Gourmet Dinner - including wine, soft drinks and beer!

There will be one chef's night off mid-week on the **ski week long** break where we can go to a local restaurant.

Flights are to Geneva (2hrs transfer) and transfers can be arranged at a small supplement. The recommended flight and transfer will be announced on booking.

Yoga mats, blocks and belts will be provided. All levels of skiing is catered for in St Martin and on arrival you will have a chance to sort out ski passes, ski lessons, ski hire etc. (Additional cost). Massages (extra) will be available throughout the week at the sister chalet next door.

There are 3 double rooms (1 ensuite and 2 sharing a bathroom) and 1 Twin ensuite. The double rooms could be used as a single - priority for these will be given to couples of course. Please note there is no single room supplement! The price above is the price for everyone and rooms will be allocated on a first come basis.

We are aiming to have a maximum of 6 guests who are practising yoga as there is enough room in the yoga space for 6 mats. There's lots to do for non- skiers too- Husky dog sled, walks, massage. hot tub etc

The yoga in the morning will be a gentle flowing Prana Vinyasa style to get your ski legs warmed up, and the yoga in the evening will be relaxing and restoring! Non yogis and partners are welcome and as the yoga space is in the sister chalet next door they won't be required to creep around on tiptoes! They could be in the hot tub or having a massage or a beer or a glass of wine!!

For more information and to book your place please contact Lucy:

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website: www.taylormadeinstmartin.com