

## *Reflect and Unwind*

*with Mira Love for a one week retreat of Gentle Yoga  
at the beautiful Casa Delureni in Transylvania, Romania,  
Sunday 6th June - Sunday 13th June 2010.*



*Mira is a qualified British Wheel Of Yoga teacher  
and has been sharing her knowledge since 1991.  
She has continued her studies experientially at Ashrams,  
Including Bihar School of Yoga, India.  
The breath is her main focus as a way of teaching  
how to bring body, mind & spirit together.*

Check out Mira's web-site at [www.miralove.co.uk](http://www.miralove.co.uk)

*Participants will be invited to join Mira in her daily yoga, meditation  
and relaxation sessions. There will also be a visit to a Spa  
and plenty of free time to have your spirits lifted by the breathtaking  
Transylvanian countryside.*

*There are no hedges or fences to divide the fields and wild flower meadows  
so it is possible to see for ever.*

*The weather is warm and sunny in July and if you do not wish to sun bathe  
you can seek the cooling shade provided by large trees.  
Back at the guest house the food is Romanian in style  
and the ingredients come from local farms.  
Special diets can be catered for if requested.*

*The cost of the retreat is £400 including full board and trips but excluding travel.  
(£250 for accompanying spouses sharing a room but not participating in the retreat)  
Travel from Budapest airport will be by a pre arranged taxi  
to Casa Delureni.*

*All profits from Casa Delureni go towards helping children rescued from the  
orphanages by the White Cross Mission to live independent and fulfilling lives.*

*For more information and a booking form check out the website at  
[www.casadelureni.com](http://www.casadelureni.com) or contact*

*Mira Love on 01736 719352 or email [mira@miralove.co.uk](mailto:mira@miralove.co.uk)*