

Wish you had more  
**Energy and  
Zest** for life?...



# Mind Body Tribe

Stressed? Miss the sunshine?  
Seeking health, happiness and  
meaning in your life and work?

Then **JOIN US** to de-stress, learn,  
have fun and be the **NEW YOU!**

Join the tribe for:

1 week from £375

2 weeks from £725

Long Weekend or

Custom dates



## MIND BODY TRIBE HOLIDAY

### TURKEY - BODRUM

15TH - 22ND SEPTEMBER › 22ND-29TH SEPTEMBER 2015

**Price Includes:** Classes, most workshops, Awesome Buffet Breakfast & Accomodation (7 Pools/Spa/Gym/tennis/Water Park), Movie Night

**Not Included:** flights, Ticketed Workshops

**Also Available:** Private sessions, Party Boat, Trip, Water Sports, Holistic Therapies/Massages/Treatments, Excursions, Swimming Lessons.

**Teachers:** Greg Downing and other international teachers  
see: [www.mindbodytribe.com](http://www.mindbodytribe.com) for further announcements

