

F3 – HOLISTIC RETREAT

BODRUM – TURKEY

15 – 29th September 2015

(Option to stay for 7, 10 or 14 nights)



A DEPOSIT OF JUST £50 RESERVES YOUR SPACE



- *one week from £375*
- *two weeks from £725*
- *long weekend or*
- *custom dates*



*** Price includes:**

Classes, most Workshops, Awesome Buffet Breakfast and Accommodation
(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.

WWW.F3YOGA.CO.UK

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Join us to de-stress, learn, have fun and be the new you!

Last years retreat in Thailand was a blast and now F3- Holistic Health has teamed up with the Mind Body Tribe to bring you an even bigger holiday experience for 2015!!

Enjoy daily classes & development workshops.

A Children's club is available (email for prices).

Non-practitioners/ beginners are welcome.



Yoga Classes: Hatha~ Budokon~ Vinyasa Flow~ MYA~ Ashtanga~

Mind/Body Classes: Pilates~ Body Balance~ Tai Chi~ Chi Kung

Martial Arts Classes: Jujitsu~ Karate~ Aikido~ Kungfu~ Kickboxing

Other Classes: Running~ HIIT~ LBT~ Body Conditioning

Workshops: Meditation~ Pranayama (Breath/life force)~ Life Coaching~

Self Defence~ Raw Food~ MYA~ Barefoot Running~ Advanced Asana

Teachers: *Beko Kaygee, Greg Downing & other international teachers*

For info and bookings speak to Beko Kaygee this weekend or email him:

beko.kaygee@ymail.com

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