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Om myyoga

& lifestyle

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YOGA
retreats 2023

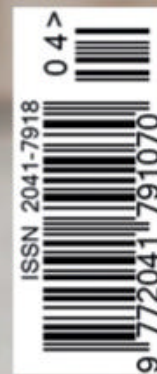
26 pages of
amazing escapes

**Play yoga
like a
child**
practice like
the kids

**Ageing
gratefully**
with yoga &
meditation

**Reconnecting
to your
practice**
after a pandemic

**MAN ON
THE MAT**
Ravi Dixit



5

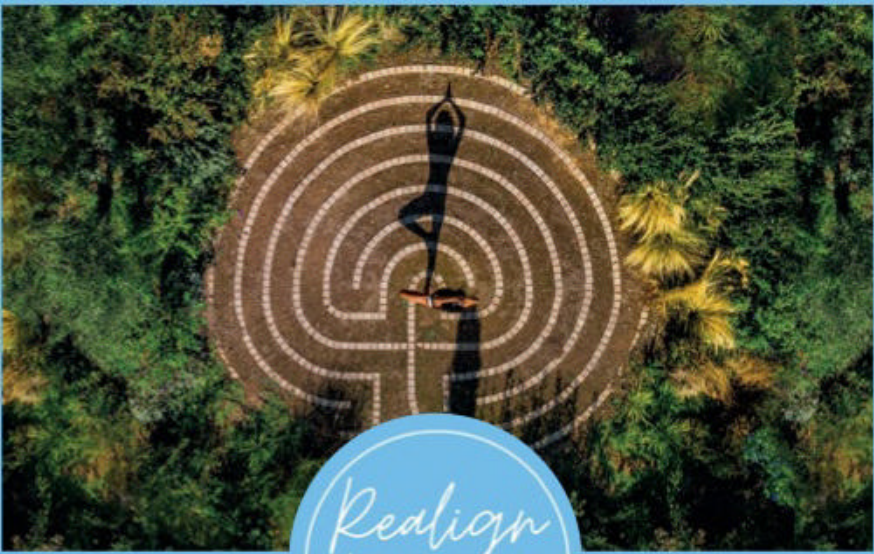
yoga practices
to relieve
menopause
anxiety &
overwhelm

Yoga Retreats 2023 Special Report

Realign Retreats — Greek Spa and Yoga Retreat



Realign Retreats are hosting the ‘Greek Spa and Yoga Retreat,’ taking place 24-29 June 2023 at the award-winning Euphoria Retreat in Greece, with international yoga teacher, Sarah Highfield. The five-night, six-day retreat promises to help guests disconnect from the stresses of everyday life and reconnect with themselves, nature and tranquillity. Realign Retreats is for anyone looking for a life-enhancing experience with lasting benefits. Their mission is to help you disconnect from the world and realign with yourself, so that you leave the retreat feeling strong and streamlined, centred, and relaxed, and fortified with energy.



Realign
Retreats



Disconnect from the stresses of everyday life and reconnect with yourself, nature and tranquillity.

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realign-retreats.com



nour
wellbeing



**EGYPT
RETREATS**

Dahab - Yoga & Wellbeing
Nubia - Southern Goddess
Siwa - Siwa Nourish
Marwa Alam - Yoga Sail

dates throughout 2023

www.nourwellbeinglifestyle.com
connect@nourwellbeinglifestyle.com

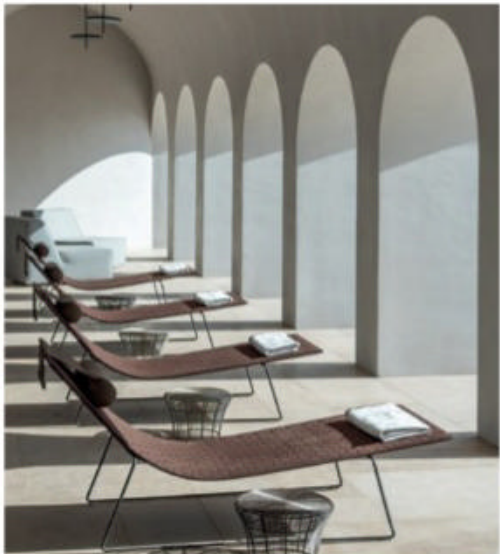


When: 24-29 June, 2023

Suitable for: Suitable for all types of yoga styles.

Accommodation: Accommodation is at the award winning Spa Resort Euphoria Retreat in Greece

How much: Prices from €2,550pp.



Find out more: realign-retreats.com
Get social: @realign.retreats