



Mindful Flow and Restore Yoga Retreat Bonuses

Complimentary Sound Massage & Spanish Tuition

With Elvira Costas & Lola Gálvez

*Suryalila Retreat Centre, Andalucia, Spain.
Saturday, 19 March – Thursday, 24 March 2016*

Excellent Elvira offers
Therapeutic Sound
Massage with Himalayan
Singing Bowls.

(Sat. 19 – Tues 22nd March)



Lovely Lola offers
Spanish Tuition

(Sat. 19 – Thurs 24th
March)



Ling will be sharing her Karma Yoga and will be offering her skills in Yoga and Massage to support a displaced and desolate Syrian refugee who was forced to leave their home and entire family in Palmyra. All funds raised will go to help our Syrian friends.

60 or 90mins therapeutic healing in Yoga: Yin or Restorative Yoga with Singing Bowls / Restorative Yoga massages in Thai Yoga Massage or Tok Sen. Or if you prefer private yoga tuition. Reduced Retreat rates are: €60/hr or €75 for 90mins. Appointments available daily between: 3-4.30pm.

Mindful Flow and Restore Yoga Retreat Bonuses

Complimentary Sound Massage with Elvira Costas

*Suryalila Retreat Centre, Andalucia, Spain.
Saturday, 19 March – Thursday, 24 March 2016*

Elvira Costas, Massage Therapist & Sound Therapy

Retreat Support (3 Days: 19-22 Marc - TBC)

I am delighted to have the opportunity to collaborate with the excellent Elvira whom I met on my travels a few years ago in Nepal. We both trained at the same School for Sound Therapy with Himalayan Singing Bowls.

Elvira started her yoga journey as a self taught yoga practitioner. She practised with videos at home, while working as massage therapist on cruise liners. The practise made her life feel amazing, as she progressed through her physical practise onto her Spiritual path of greater Self Awareness.

Qualified as a yoga instructor, and an avid mindfulness practitioner, Elvira later went to Thailand to teach yoga, then Nepal, where she learnt the therapeutic applications of singing bowls as an energetic healing modality.



Therapeutic Sound Healing has many benefits such as releasing muscle tension and removing energetic blockages. It's deeply relaxing and calming for body and mind. The deep rhythmic tones of the bowls cleanses and rebalances you mentally and energetically; removing negativity and revitalises your body and mind while improving circulation, organ functioning and reducing stress invoking a deep sense of calm and tranquillity.

This retreat bonus is not to be missed! Book in below for your complimentary session worth €60 now!

Day / Time:	AM: 10.45–11.45	Afternoon A: 2.45-3.45pm	Afternoon B: 4-5pm	Evening: 8.30 - 9.30pm
Sat. 19 th	N/A	Name	Name	Name
Sun. 20 th	Name	Name	Name	Name
Mon. 21 st	Name	Name	Name	Name
Tues 22 nd	N/A?	N/A?	N/A?	N/A
Wed 23 rd	N/A	N/A	N/A	N/A

Mindful Flow and Restore Yoga Retreat Bonuses

Complimentary Spanish Tuition with Lola Gálvez

Suryalila Retreat Centre, Andalucia, Spain.
Saturday, 19 March – Thursday, 24 March 2016

Lola Gálvez,
Music Teacher, Retreat Collaborator

Lovely Lola is a fellow Spaniard from Madrid. She has been teaching piano and working as accompanist for more than two decades in the capital of Spain. She enjoys sharing her professional activity along with some other passions of hers such as yoga, arts, travelling, languages and cooking. Lola is on a journey of continuous personal development in psychology. She believes music is one of the easiest ways to connect people even if we don't speak the same language!

Lola will offer participants individual /(or paired for conversational tuition) a 1hr Spanish language lessons whether you're a complete beginner or if you'd like to brush up or learn some new phrases. Or for something more fun, a song or two in Spanish.

I'm very excited to be able to add Lola's wonderful skills in offering Spanish lessons or singing to our Mindful Flow & Restore Rest & Spring yoga retreat. Take advantage of this complimentary session and have some fun learning a new language or brush up the ole Espanol (^,^) - book in below, and immerse yourself into the culture of Spain while here in amazing Andalucia.



Day / Time:	AM: 10.45–11.45	Afternoon A: 2.45-3.45pm	Afternoon B: 4-5pm	Evening: 8.30 - 9.30pm
Sat. 19 th	N/A	Name	Name	?
Sun. 20 th	Name	Name	Name	?
Mon. 21 st	Name	Name	Name	?
Tues 22 nd	Name	Name	Name	?
Wed 23 rd	Name	Name	Name	?

Mindful Flow and Restore Yoga Retreat

Holistic Therapies with Ling Mann

Personalised private sessions available in: Yoga, Restorative or Yin Yoga with Sound Therapy / Thai Yoga Massage /or Tok Sen.



Private Yoga Tuition



Therapeutic Restorative Yoga



Restorative Yoga & Sound Therapy



Thai Yoga Massage



Yin Yoga & Sound Therapy



Tok Sen



Meditation

Suryalila Retreat Special Price €75 for 90min sessions (instead of €100).

Karma Yoga: All proceeds from Ling's massages will fund and support a desolate and displaced Syrian Refugee.

It is possible to arrange a bespoke personalised therapeutic session combining yoga, meditation or yin/restorative yoga with sound therapy or if you prefer to receive a full Thai Yoga Massage with any of the aforementioned therapies. Or if you'd like to try vibrational therapy with Tok Sen (60mins €50) - please do have a chat with me for a free consultation so a session can be devised to meet your specific needs and receive a deeply nourishing session to relax, rejuvenate and restore back into harmonious YOU!

Time / Day	Saturday, 19th	Sunday 20th	Monday 21st	Tuesday 22nd	Wednesday 22nd
3.15 – 4.45pm	Name	Name	Name	Name	Name

Thai Yoga Massage (TYM) is a treatment of acupressure massage on Sen/Energy (Meridien) lines with assisted-passive yoga stretches combined with reflexology and abdominal chi massage that utilises the therapists hands, elbows, forearms, knees and feet to maximise the effects of TYM.

Tok Sen: Vibrational therapy with a wooden mallet and stick is actually deeply relaxing as it soothes away muscle and nerve tension, improves circulation and is extremely calming for the nervous system and mind.



Private Yoga Tuition



Yoga Therapy



Thai Yoga Massage



Sound Meditation



Restorative Yoga Immersion



Tok Sen



Meditation

Ling Mann, Retreat Lead

I am passionate in helping people 'to come home to themselves' and to feel deeply nourished by finding harmony and calm in their minds and freedom in their bodies from today's modern hectic lifestyles. I like to combine my extensive trainings in Yoga, Anatomy & Physiology and knowledge in various holistic therapies. I am an experienced accredited BWY teacher since 2007, having trained with many international teachers and am also certified practitioner in advanced Relax & Renew® Restorative yoga for therapeutic healing. I am also a teacher-trainer on Yoga Teacher Training courses.

It makes perfect sense for me to combine yoga with other Eastern therapies so also learnt the healing arts of: as Thai Yoga Massage, Hot Herbal Ball Compress, Abdominal Chi and Vibrational Therapy in Sound Healing with Himalayan Singing Bowls and Tok Sen (wooden mallet and stick).

Yoga and meditation significantly supports the very active life I aspire to live and the positive influences it has on my life is something I deeply wish to share with others to help people feel better and freer in their bodies and to find equanimity in their minds.

YogaLing

BWY qualified & RYT certified.

Yoga for Adults, Children, Pregnancy & Restorative Yoga - Relax & Renew Trainer®
Massage: Therapeutic Yoga, Herbal Ball Compress, Chi Nei Tsang (Abdominal Chi) &
Vibrational Therapy with Tok Sen and Sound Resonance with Himalayan Singing Bowls.

www.facebook.com/YogaLing

