

INNER FLOW YOGA WEEKEND WORKSHOP



with ANGELA FARMER & VICTOR van KOOTEN

Sat July 31st 10.00-13.00 & 15.00-17.00

Sun August 1st 10.00-13.00 & 15.00-17.00

YOGASCHOOL SHANTI, HELSINKI, FINLAND

Hello Darlings

Yoginis & Yogis - all the students of Angela & Victor,

We have a Fantastic Pleasure to host Angela and Victor in Finland this summer!

And this is to remind you all, dear Friends, who perhaps cannot make it this year to Eftalou: why not come to Finland to celebrate yoga and the lovely Finnish summernight's light? !!

We already have bookings from Moscow, St.Petersburg & Germany so it will be (again) an international yoga-reunion. There are many cheap direct flights to Helsinki and the bus from the airport stops very close to our Yogaschool Shanti. There's also a possibility to sleep in the yogaschool (only 5 €/night), of course it will be cosy & simple, but it is a very beautiful place with nice kitchen too.

In between the classes 13.00-15.00 both days you may enjoy delicious vegetarian food cooked by Hare Krishna monks (10 €/meal) and have a little walk to the seaside nearby.

"Early bird" price is until the end of May, so act ASAP! !!! ☺

You are most welcome to Shanti and our charming & inspiring Helsinki, World Design Capital 2012. Lots of love and many OMs,

Marjaana

price: 190€ before May 31st , after that 210€.

Single day 115€ if space left

bank account: 313130-1181007 / Shanti Oy

international payments will also need:

IBAN: FI4931313001181007 and BIC:HANDFIHH

more information & registration: **email: marjaana@jooga.fi / tel. +358 50 4117139**

Yogaschool Shanti: www.jooga.fi