

# May 27-June 03, 2017 in Southern Portugal, Holiday Resort Reguengo



## 2. Soul & Surf – Yoga & Dance Retreat

### Rich and nourishing

– that is the delicious vegetarian buffet in Reguengo but also all the other offers waiting there for you: massages, walking, hiking, tennis, horse riding and of course yoga and surfing. The mornings will be active fun in Reguengo and in the afternoons we will spend time on the beach or on other activities like surfing, yoga on the beach, shopping, sunning, or dining

### The classes – spectacular flows

This Retreat will be taught in english for our hopefully american guests who will join us.

We start each day with a nicely vitalizing vinyasa yoga or perhaps dance fitness class.

In the afternoons we will be active directly on the beach and we will focus on the sun & surfing. And even if you have a little less or no yoga or surfing practice, be assured:

*You are in good hands!*

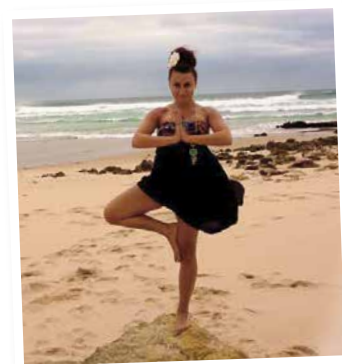
### Reguengo – Holidays with friends

Not far from the Atlantic Ocean, surrounded by the rolling hills of the Monchique Mountains in the South of Portugal lies the holiday resort Reguengo. Electricity and warm water are gained directly from the sun. Bread is freshly baked on site. The owners' warm hospitality invites you to keep on coming back 'home' to Reguengo. More information: [www.reguengo.de](http://www.reguengo.de).

### „Shake it to you make it!“

It is with a lot of energy and humor that Natasha Speck will lead you through dynamic yoga and/or dance classes.

Since the completion of her bachelor studies at a Germany Universität in 2012 she also completed a 200 hour Yoga Certification from Lord Vishnus Couch in Cologne. Before becoming one of the first and Best Zumba Trainers in NRW, Natasha attended a Master Training with Guillermo Gonzales Vega in Barcelona. Natasha loves to travel, loves to Dance and has always adored the sun. You will Love her Energy, her „Shake“ and the Sunshine!



Natasha Speck- your yoga & dance coach



Donna Danton  
wellBEing

### Fun facts

- Costs for yoga, fitness, dance, surf seminar: 400 EUR  
(registration prior to December 31th, 2016 is only € 370 and if you also book our , Let it Flow' retreat, you only pay half the price)
- Costs accommodation:  
580 EUR (additional 30 EUR extra for a single room per night)
  - 7 nights
  - 7 x breakfast buffet
  - 5 x dinner buffet / 1 x picnic package
- Limited to 16 Participants
- Flight and accommodation have to be booked individually (we are happy to help): the earlier you book the better
- For registration and further information please contact:  
[mail@donnadanton.de](mailto:mail@donnadanton.de)



Let it Flow ,surfer' Gruppenbild