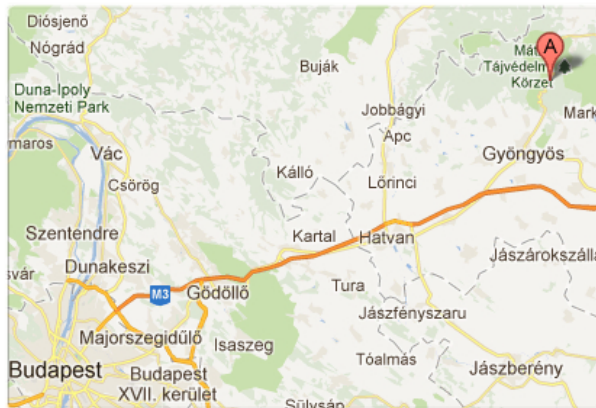


Sama means harmony and equality in Sanskrit – something we often forget to nurture throughout our everyday stressful life. In our Sama retreats we are helping you to rediscover the lost harmony by building up your inner balance through the practice of yoga, breathing, meditation, relaxation and healthy nutrition. We choose the locations carefully, ensuring you have the perfect surroundings to a complete rejuvenation.



Sama Yoga Holiday  
at  
Lifestyle Hotel Mátra  
Mátraháza, Hungary  
21-26 August, 2012

<http://yoganutrition.com>  
<http://ganga-yoga.com>

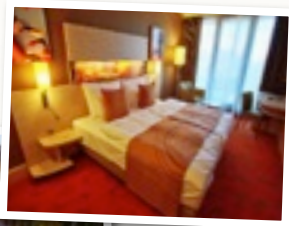
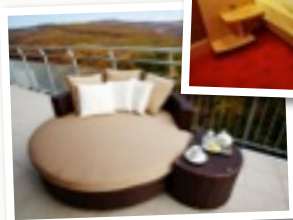
## SAMA YOGA HOLIDAY IN HUNGARY



Retreat to your heart







*"Health is wealth, happiness is peace of mind, yoga shows the way." - Swami Vishnudevananda*

### PRICE

Single room EUR 680 (incl. taxes)  
Double room EUR 560 (incl. taxes)

EUR 200 deposit is required by 15 July, 2012.  
Payment to be made via bank transfer.

### TRANSPORT

Yogis should fly into Budapest airport. You can reach Lifestyle Hotel Mátra by car or you can choose traveling with us together on 21st August by bus..

### OPTIONAL PROGRAMS (not included in the price)

- treatments at the holistic Amethyst Spa
- Tour de Mátra - explore the region of Mátra, the wonderful nature, beautiful parks, castles, heritage
- visit the picturesque Eger with its Turkish heritage
- encounter folk traditions of Palócland

### CONTACT

Andrea Balázs ☎ +971505842934  
@ [andrea@yoganutrition.com](mailto:andrea@yoganutrition.com)

Zsófia Fischer ☎ +36306004427  
@ [info@ganga-yoga.com](mailto:info@ganga-yoga.com)

### NOTES

The retreat will commence with min. 8 participants.  
All levels are welcome.

# ANDREA AND ZSÓFIA INVITES YOU

to share a wonderful week in the magical Mátra mountains to unwind and relax, to rejuvenate and reenergize your body, mind and spirit. You will experience nature at its best, breath in crystal clear air, discover a green island where you can escape from the noisy world.

Andrea and Zsófia's friendship began in Vietnam at their yoga teacher training. They have both continued their yoga journey, Andrea in Dubai and Zsófia in Hungary, continuously inspiring each other along the way.

## NAMASTE

### ABOUT US

Andrea is an enthusiastic certified yoga teacher, sound massage and Body Spin practitioner. She believes that the practice of yoga is a fantastic tool to keep ones body fit, the mind focused and relaxed. She will show you how to implement yoga in your everyday life.

Zsófia fell in love with yoga 8 years ago and this love is growing ever since. She embraces the philosophy of yoga in her life and shares its passionately with all.



*We love nature, yoga, arts, good talks, nice walks and yummy food.*

### YOUR RETREAT INCLUDES

- 5 nights superb accommodation at Lifestyle Hotel Mátra
- Half-board, healthy breakfast and dinner
- 2 daily group yoga sessions and daily guided meditation
- 1 session of sound or thai massage, or a body spin session
- fitness and wellness facilities (pool, sauna, infra-sauna, steam)
- outdoor activities



*The woods of the Mátra Mountains*



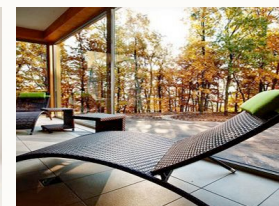
*Zsofia completely in balance in Virabhadrasana III*

### WHAT TO BRING

- Yoga mat (if you have or let us know)
- Comfortable clothing for the yoga sessions
- Walking/hiking shoes
- Happy spirit and open mind
- You can bring your partner and children as well, there are plenty of activities even if they don't do yoga



*Andrea in beautiful heart-opening Urdhva Mubha Svanasana*



*Relax!*