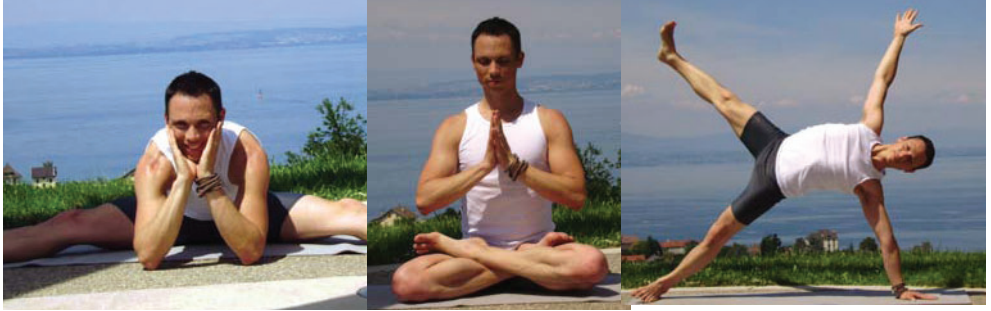




INTEGRATED WELLNESS

conscious living



YOGA RETREAT AUGUST 27th -29th , 2010 RM1,500.00 per person

BIOGRAPHY OF JULIEN

A true seeker, Julien has an insatiable thirst for knowledge, a passion for passing on traditional arts of wellness. As a yoga teacher , with a martial arts background, Julien considers yoga as a metaphor of life: yoga poses (asana) are like life situations one can deal with thanks to the breath. His approach is based on respect yourself, move with consciousness, explore your limits without pushing them.

Julien's vinyasa yoga class, infused with Anusara, Ashtanga, Prana Yoga Flow (Shiva Rea style), Yogic Arts (Duncan Wong synthesis) are based on power, balance and flexibility of both body and mind. His relaxing yoga class, infused with hatha yoga, Sivananda and Yin yoga are peaceful and introspective. Julien has travelled extensively in India, Thailand, China, Sri Lanka and Indonesia. He has studied and sought inspiration under world renowned and martial arts masters such as Gerard Arnaud, Mark Darby, Duncan Wong, Amy Ippoliti and Desiree Rumbaugh.

SCHEDULE

FRIDAY, AUGUST 27th
4pm - 7pm Yoga

SATURDAY, AUGUST 28th
7am - 10am Yoga
4pm - 7pm Yoga

SUNDAY, AUGUST 29th
7am - 10am Yoga

3 Hours Yoga sessions: Asana workout, with Pranyama & Meditation.
Spa & Hair Treatments at 40% discount at V Integrated Spa & Hair Salon.

OPTIONS

Yours to decide. Enjoy a 3 hour session at RM498 or
One on One Sessions at RM541with Julien Levy.

BOOKING

For bookings and enquiries, we invite you to contact The Spa at ext 591 and
the Hair Salon at ext 581 or through the Reception at Ext.2.

www.vintegratedwellness.com

