



GAY2AFRIKA

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AFRICAN YOGA RETREAT - MALAWI, April 23, 2010



A GAY2AFRIKA 'EXCLUSIVE' OFFER

Relax rest and rejuvenate your mind, body, and soul on the beaches of pristine Lake Malawi.
At **PUMULANI LUXURY BEACH LODGE** on Lake Malawi, our **AFRICAN YOGA RETREAT - MALAWI** includes:

7 nights' accommodation in a luxury eco-friendly villa • Breakfast, Lunch and Dinner daily • Round-trip air services from Lilongwe • Laundry services • Bar services • The use of non-motorized water sport activities • Yoga retreats

A TYPICAL DAILY SCHEDULE

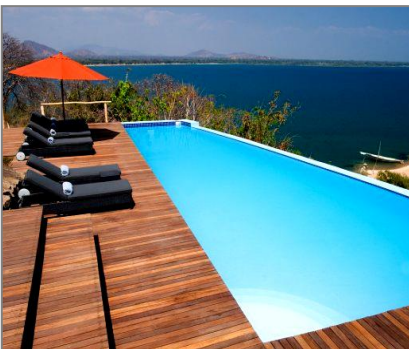
6:30AM	Wake-up call
7:00AM - 8:30AM	Morning Yoga class overlooking Lake Malawi
8:30AM - 9:30AM	A healthy vegetarian breakfast is served
10:00AM - 12:00PM	At leisure - or perhaps time to indulge in a relaxing Ayurvedic massage
12:30PM - 2:00PM	A healthy vegetarian lunch is served
2:30PM - 3:30PM	A workshop offering insight into Yoga, Ayurveda or nutrition
4:00PM - 4:30PM	Refreshing herbal tea and fresh fruit will be served
4:30PM - 5:00PM	Wind down Meditation or Pranayama Session
5:00PM - 6:30PM	Sunset Yoga class overlooking Lake Malawi
6:30PM - 7:00PM	Relaxation / Meditation Session
7:30PM	A healthy vegetarian dinner is served

Contact Us for prices

Terms & Conditions: This GAY2AFRIKA exclusive offer is valid for an April 23, 2010 departure



PUMULANI LUXURY BEACH LODGE



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