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# YOGA RETREAT TO ESTABLISH EFFECTIVE PRACTICE

WITH

**GLENN CERESOLI**  
SENIOR IYENGAR YOGA TEACHER



**FRI 5 - MON 8 JUNE 2009  
(FOUR DAYS)**

Glenn is returning to Devon again this year as part of his world tour schedule where he is in great demand. Glenn's teaching is a revealing education in yoga and the "Self". Take advantage of this precious retreat time to imbibe and learn from someone that can transform your understanding and approach. To give your practice an added dimension, Glenn will provide guidance and direction to inspire you further along the yoga path.

In this intensive Glenn will focus on the three essential ingredients for the practice of yoga. He will explore, discuss and give practical examples of how to implement these aspects into the process of your practice.

Glenn has been practicing yoga for 30 years and teaching for 25. He upholds the traditional values of Yoga practice while imparting his own interpretation of Yoga in the context of our contemporary lifestyle. Glenn's teaching is strongly practice based and is built around his extensive teaching experience throughout Australia, UK and Europe.