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Erich Schiffmann leads “Guided From Within”, a Yoga Retreat at Parrot Cay in June

Internationally recognised Yoga teacher, Erich Schiffmann, returns to Parrot Cay in the Turks and Caicos Islands from 16th to the 20th June 2008 to host an exclusive residential retreat.

Schiffmann has 40 years experience in Yoga, his teachings reflecting his enormous passion for Yoga and his belief in its power to inform all our lives. He first trained in the Krishnamacharya-Desikachar tradition, and later with Iyengar in India. He is now based out of Los Angeles. He has produced the award-winning video *Yoga, Mind and Body* with Ali MacGraw, and is author of the book entitled *Yoga, The Spirit and Practice of Moving into Stillness*.

Teaching for four-and-a-half hours per day (morning and afternoon sessions) Schiffmann will convey a complete Yoga experience using asana, pranayama, deep relaxation, discussion and meditation. His emphasis is on stillness and allowing ourselves to be ‘guided from within’. He teaches how to ‘live’ Yoga – a notion that will become clear during the five-day retreat. All levels, including beginners, are welcome.

Students will also have plenty of time to enjoy COMO Shambhala’s substantial facilities in other areas of holistic wellness. Massage and Ayurvedic therapies are available at the COMO Shambhala Retreat. Guests can eat healthily from daily menus featuring nutritional COMO Shambhala cuisine. Physical activities, including tennis and watersports, are also offered and there will be ample opportunity to relax on the beach or by the pool.

The resort itself is inspirational. On a 1000-acre island wrapped in sweeps of sand and peaceful seas, it is the northern Caribbean’s pre-eminent private retreat. Chic, whitewashed villas are located on the beach, some with private pools, others, including The Residence, with three rooms sharing an ink-blue infinity pool. Four posters are swathed in cottons.

Retreat guests can come alone, share a room, or opt for more couple-orientated accommodation with a private pool. The entire experience is designed to support guests in their quest to get the most out of the Yoga retreat, which also evinces a strong sense of camaraderie within the group. Schiffmann eats with guests, who often dine together, and is always available to talk.

Prices start at \$5004 for single occupancy in a Garden Room, or \$7644 for double occupancy. Alternatively, you can opt to share a twin-bedded room, subject to availability and allocated by the hotel, for a lead in price of \$3822 (all rates exclusive of 10 per cent Government tax and 10 per cent service charge). Prices include six nights accommodation, five days Yoga instruction, a full American breakfast daily, lunch and dinner daily from special COMO Shambhala Retreat menus (not beverages) and all airport transfers in the Turks and Caicos.

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This picture can be downloaded at:
http://www.como.bz/download/parrotcay/erich_kapotasana.jpg



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EDITOR'S NOTE

The Company: COMO Shambhala is the COMO Group's healthy living concept that spans environments, services and products, offering a full range of experiences that challenge and inspire us to greater wellbeing.

The COMO Shambhala Offer: COMO Shambhala advocates proactive responsibility for individual holistic wellness. This entails balancing healthy eating with pleasurable gastronomy, self-directed exercise with expert instruction, massage with greater mental repose, and thought with action. COMO Shambhala embraces all modalities of wellbeing, from yoga's ancient system of self-development to other proven methods such as Ayurveda, aromatherapy, Pilates, Tai'Chi, and Qigong. Consultants take a consultative rather than prescriptive approach, working with guests on a one-by-one basis to define and achieve their goals. COMO Shambhala cuisine offers enzyme-rich, healthy and delicious cuisine. COMO Shambhala at Home, a lifestyle brands, creates skin and bodycare products developed to complement the environments and services available.

Property Portfolio: COMO Shambhala owns, designs and manages seven centres of wellbeing at properties worldwide. Each location is chosen because it possesses a sense of peace in its own right, whether this is a hillside in Bhutan or riverbank in Bali. COMO Shambhala's portfolio includes COMO's city hotels spas, known as COMO Shambhala Urban Escapes (in Singapore, at the Metropolitan London and Metropolitan Bangkok), COMO Shambhala Retreats (at Parrot Cay in the Turks and Caicos, Cocoa Island in the Maldives, Uma Ubud in Bali and Uma Paro in Bhutan), and its flagship destination, COMO Shambhala Estate at Begawan Giri. In addition, COMO Shambhala owns and operates Glow, three restaurants in Singapore, Bangkok and Bali that focus on COMO Shambhala-inspired healthful cuisine.

The COMO Group: COMO Shambhala is part of the COMO Group, which represents Christina Ong's unique vision of contemporary living. The COMO Group encompasses Club 21, the international luxury fashion retailer, COMO Hotels and Resorts, which is the hospitality collection with properties in London, the Caribbean, Bhutan, Bali, Thailand and the Maldivian Islands, and the COMO Foundation representing the Group's philanthropic interests throughout the developing world. The Group is headquartered in Singapore.