

#### A bit about me, Marion Ancker

- I am a certified yoga teacher  
(International Sivananda Yoga Vedanta Centres)
- NLP Master Practitioner  
(International Coach Federation)
- Trained Spiritual Healer (CPS)
- Qualified Reiki 2 Practitioner
- I have over seven years experience in facilitating people fulfil their life with coaching, yoga and healing
- I take a holistic approach tailored to your individual needs



Find out more about **Summer Sault** holiday treat and book your place at:

[www.yogaCircle.co.uk/holidays\\_weekends.html](http://www.yogaCircle.co.uk/holidays_weekends.html)

Contact me at [marion@yogacircle.co.uk](mailto:marion@yogacircle.co.uk) or on **07951 657 982** with any questions.

#### What do previous clients think?

*"Marion's sessions have given me a burst of energy and inspiration"*

*"I am no longer held back and I finally have a healthy self-esteem"*

*"I experienced a profound sense of peace around the circumstances that had me feeling stuck for so many years"*



Time for a break but want to move your life forward? This summer connect to your full potential. Plus experience one of Turkey's most beautiful coastlines at the perfect holiday break...

# Summer Sault

Holiday Treat

Yoga • Life Coaching • Meditation



Treat yourself to sunshine, turquoise sea and your chance to unlock your inner power and start fulfilling your important goals.

**Save £40 with our special early bird offer!** (Offer ends 28th Feb 2011)

**Book now:** [www.yogaCircle.co.uk/holidays\\_weekends.html](http://www.yogaCircle.co.uk/holidays_weekends.html)

**When:** 06th - 13th June 2011

**Where:** At beautiful Yuva eco retreat with the sea at your feet in Turkey





## NLP Life Coaching

Neuro Linguistic Programming is a transformational coaching method focused on shifting your thinking. It helps you release negative thinking patterns, self-limiting beliefs, and regain such powerful tools as confidence, trust and motivation.

## Yoga and Meditation

Yoga uses exercise and breathing techniques to connect the mind and body, that relax you, and leave you feeling centred, strong and happy. Meditation focuses the mind and fosters self-awareness. It trains your mind so you can face life with clarity, focus and self-belief.

At **Summer Sault**, your days will consist of yoga, life coaching, meditation and leisure time. With powerful exercises you will unlock your inner strength and get equipped to start achieving your goals, moving your life forwards.

At **Summer Sault** you will:

- Go on a unique journey to unlock the power that lies within you
- Clarify your goals and get equipped to achieve them
- Gain inner peace and happiness
- Relax and re-energise in pristine nature
- Enjoy delicious meals made from fresh local products

Plus you can choose from a great range of optional leisure activities:

- Trip to Turkish market in Fethiye
- Visit to a Turkish bath
- Massages
- Boat trip along the stunning coast with picnic on a remote beach
- Trip to the sandy lagoon, Ölü Deniz
- Hikes along the coastal trails, which are part of the famous Lycian Way



**When:** 06th - 13th June 2011

**Costs:** from £475 full board (Based on shared room. Up to £70 single room supplement. Flights to Dalaman and transfers are not included. We can help to arrange both.)

**Where:** At Yuva eco retreat, in a beautiful unspoilt area of The Turquoise Coast in Turkey, 30mins from Fethiye.

Treat yourself to a special summer break - **book your place now at [www.yogaCircle.co.uk/holidays\\_weekends.htm](http://www.yogaCircle.co.uk/holidays_weekends.htm)**

**Enrol before 28th Feb 2011 and save £40 with our early bird discount!**

All levels of yoga experience including beginners are welcome.

