

YOGA

NATURAL LIVING

THE 5 TIBETANS:

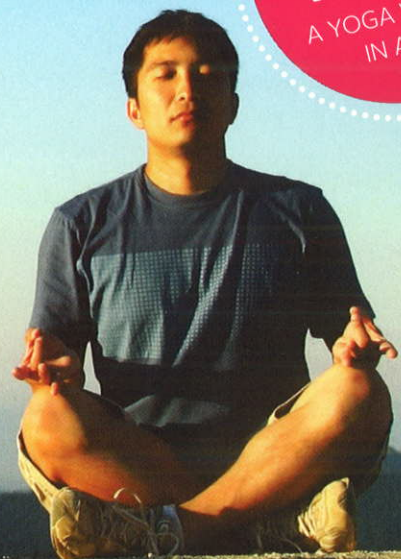
the ancient himilayan health secret

INTERVIEW - TARA LEE

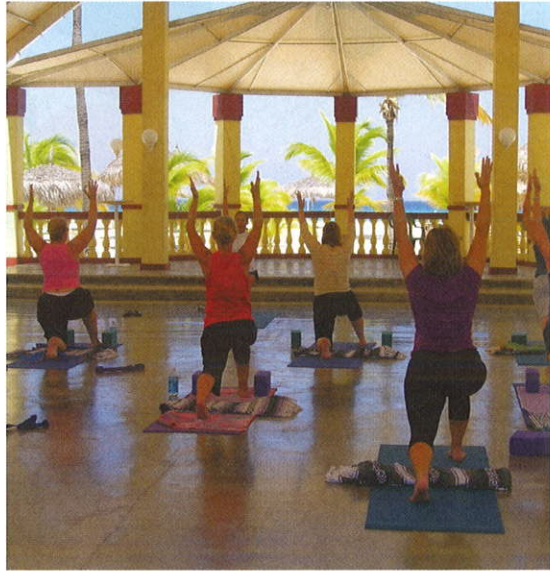
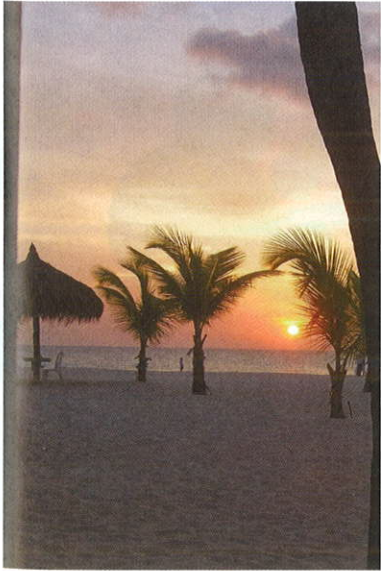
EXPLORING PRANIC ENERGY

LIVING TOXIC

THE IMPORTANCE OF *feet*



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WIN!! Aruba Yoga Vacation at the intimate Manchebo Beach Resort & Spa Prize includes accommodation, certain meals, yoga classes and sightseeing trips on the island of Aruba.

Manchebo Beach Resort & Spa is well known for the peace and quietness guests often long for during their holiday. Guests can relax, rejuvenate and liberate themselves from their daily life routine. With this in mind the resort created a perfect getaway where wellness and vacation come together. Professional yoga instructor from Costa Rica, Monika Ramos Tapia will be hosting this Yoga Vacation Week. She has taught yoga in various locations such as the Nosara Yoga Institute in Nosara, Costa Rica and at the Omega Institute in Rhinebeck, New York. She has a teaching style that is eclectic, inspirational and compassionate.

The Aruba Yoga Vacation Package includes an ocean view room with private balcony or patio, welcome wine and cheese party, two yoga classes per day, guided tour at Aruba's famous Arikok National Park, island jeep tour, daily healthy breakfast including a fresh fruit smoothie, two a-la-carte lunches per stay, two a-la-carte dinners per stay and airport - hotel transfer.

Manchebo Beach Resort & Spa is an intimate 71-room resort located on Aruba's widest beach. The resort features 3 a-la-carte restaurants including the French Steakhouse and Giorgio's Ristorante Italiano. Manchebo is home of the exotic outdoor Caribbean-Balinese Spa del Sol where they offer their guests a unique opportunity to reconnect with a variety of spa treatments. Other amenities for guests to enjoy are a pool, fitness room and free Wi-Fi and internet terminals. The resort is just 10 minutes away from downtown Oranjestad, Aruba's capital. Manchebo Beach Resort & Spa is also a certified Gold Green Globe resort.

To win this fantastic prize, just answer this simple question: What is the name of Manchebo's exotic outdoor spa? Email your answers marked to win@yogamagazine.org. Closing date: 15th November 2010.

For more information about this rejuvenating holiday or for reservations visit the resort's website at manchebo.com