



4th Annual Viva Vacation Yoga - Fast

Alignment for Life

Bay of Peace, Koh Samui, Thailand

December 8 to 13, 2014

Hillary Han & Deborah White will be your guides during an enriched week of fasting & daily Yoga Practice.

Come cleanse & strengthen your body, revitalize your mind & manifest pure happiness within.

Fasting Program with Hillary, Dharma Healing International

www.dharmahealingintl.com

Yoga with Deborah, Certified Iyengar Yoga Teacher

Enhance the fasting process through body alignment.

Early Bird Pricing Available!

Beginners Welcome

Contact Deborah: dlwhite@rogers.com or Hillary: hillaryadrian@yahoo.com

Viva Vacation Resort, www.vivavacationresort.com

