



## **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](http://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](mailto:dlwhite@rogers.com) or Hillary: [hillaryadrian@yahoo.com](mailto:hillaryadrian@yahoo.com)

**Viva Vacation Resort**, [www.vivavacationresort.com](http://www.vivavacationresort.com)

