

Yoga Retreat with Subhash



Instructor...

Subhash Mittal is a long-time yoga practitioner and a dedicated yoga teacher who has been teaching yoga since 1996. Subhash brings the best out of the traditional, ancient yoga teachings and weaves these teachings in the practice of asana, pranayama, meditation and relaxation leading to a fulfilling and enriching life experience.

Contact Information:

Subhash Mittal

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I invite you to join me for a yoga retreat in the beautiful rural setting in Mebane, NC. At this retreat you will be able to slow down and experience yourself at a deeper level, nourished and supported by the beauty of natural surroundings. You will be able to deepen your personal yoga practice and develop an understanding of the underlying concepts in yoga in an ashram setting.

When:

Thursday, April 30 (6 PM) –
Sunday, May 3 (after lunch)

Location:

Lakulish Yoga and Health Retreat,
8136 NC Highway 119 South,
Mebane, NC 27302

Fee: \$320 (if paid by April 21);
\$350 (after April 21)

Accommodation: shared
rooms with attached bathroom;
up to four people in one room