



Join Nealy for 4 nights of Anusara yoga and healthy cooking at the Six Senses Sanctuary Phuket.

Weekend getaway includes:

- Daily Anusara yoga classes
- Spa cooking classes
- Daily 60 minute spa treatment
- Private Villa accommodations with butler service
- 3 spa meals a day
- Car and boat transfers

About Nealy Fischer:

Nealy has been a student of yoga for ten years and has been teaching Anusara yoga for the past 6 years. She travels extensively to study with John Friend as well as other world renowned Anusara teachers. Nealy has developed unique programs, among them Preparing To Push, as well as an innovative healthy gourmet cooking program in Hong Kong. Nealy combines her passion for cooking, mindful living and teaching yoga as a way to inspire people about their potential on the mat and in the kitchen. She welcomes you to join her on the adventure.

About the Sanctuary:

The first wellness retreat created by Six Senses, brings together fifteen years as a global leader - to create the premier destination spa of the 21st century. The Sanctuary's core purpose is to deliver integrated wellness experiences along with peace, tranquility, fitness and wellbeing. Accommodation for the retreat will be provided in private Pool Villas. Each 450m villa offers luxurious comfort with the latest in modern amenities. Every villa is completed with a private steam shower, an open-air and outdoor bathroom area, and its own private meditation sala.

Early Bird Price :	Regular Price :
For registration before Feb 1, 2011:	For registration after Feb 1, 2011:
Single: US\$2,400	Single: US\$2,600
Double: US\$1,740	Double: US\$1,840

10 JANUARY, 2011

Goddess Sanctuary Retreat with Nealy Fischer

BEAUTY | BY MAURA

About a year ago my husband and I put together our “bucket list”. This list comprises of things that we want to do either individually or together as a couple. To date a few of the items have been checked off the list and as we start 2011 there are a few personal ones I want to mark off before the end of the year is complete.

Attending a yoga retreat is very high up on my list and while I admire all those who go on retreats and rough it I think the Goddess Sanctuary Retreat at the [Six Senses Sanctuary](#) in Phuket is definitely more my speed (um, who wouldn't be able to resist staying in one of their private pool villas?!).

The retreat, which will be led by Nealy Fischer, will be held on 24-28 March and I can't even imagine a more nicer backdrop then the Six Senses Sanctuary. During the 4 night/5 day getaway you will be spoiled rotten with the following:

- Daily Anusara yoga classes
- Spa cooking classes
- Daily 60 minute spa treatment (heaven – I say!)
- Private Villa accommodations with butler service
- 3 spa meals a day
- Car and boat transfers

When I sat down recently with Nealy (who by the way is lovely and so very personable) to learn more I was kind of fearful that the retreat would cost a fortune once she started to rattle off all the glorious things that you are pampered with. Knowing that rooms at Six Senses are not cheap I was expecting this to be a getaway I could only attend in my dreams and while it isn't dirt cheap it is pretty well priced for the great 5 star service/experiences/treatments you will receive throughout your stay.

Price Details

Early Bird Price (for those who register before 11 February 2011)

Single: \$2,400 USD

Double: \$1,740 USD

Regular Price

Single: \$2,600 USD

Double: \$1,840 USD

If you are interested in attending make sure you email Nealy at **nealy@aylagrace.com** with any questions you may have as she is more than happy to explain in more detail about the structure of the retreat. She will also be hosting a info session on the 24 January (more details to come next week!) which sounds like a great way to get to know her better. Or, if you are all ready to pull the trigger and book now you can register by emailing **reservations-naka@sixsenses.com**.

Doesn't this sound like a perfect solo getaway.... or better yet a relaxing long weekend away with the girls?!

About Nealy: Nealy has been a student of yoga for ten years and has been teaching Anusara yoga for the past 6 years. She travels extensively to study with John Friend as well as other world renown Anusara teachers. Nealy has developed unique programs, among them Preparing To Push, as well as an innovative healthy gourmet cooking program in Hong Kong. Nealy combines her passion for cooking, mindful loving and teaching yoga as a way to inspire people about their potential on the mat and in the kitchen. She welcomes you to join her on the adventure.