

Love Yoga & Love Yourself

Yoga, well-being and cultural holidays in Latvia

lonely planet

**BEST IN
TRAVEL
2016**
TOP 10 COUNTRY
LATVIA

Enjoy
the luxury
of unspoilt,
untouched and
safe environment

Feel special and looked after and escape from the pressures of everyday life.
Enjoy luxury spa environment and aromatic body procedures for your pure relaxation,
Connect with your inner self during daily yoga classes and
Explore Top 10 travel destination this year and try new experiences during exciting
cultural tours!



Holiday highlights:

- private daily hatha or kundalini yoga classes with English speaking teachers;
- daily sightseeing tours. You will visit Riga, Europe's widest waterfall Venta Rapid, Gauja National Park, Rundale Palace, Pokaini sacred forest and much more...
- try new things and experiences, and make happy memories while enjoying fine dining, boat tours, authentic folk music concert and other activities;
- visit power and sacred places, remote beaches and fairytale forests and feel how these inspirational landscapes benefit your soul;
- connect with the local people and feel welcomed like a guest, not a tourist;
- in the evening, enjoy relaxing and detoxing rituals including sauna, spa and massage;
- improve your well-being and health with the meals prepared from locally grown and natural food;
- breathe in loads of clean air and feel how nature renews your spirit.

Tour price: 1122 EUR per person (for group of 2); 835 EUR per person (for group of 4); 752 EUR per person (for group of 6).

Included: 5 nights in spa hotel 60 km from Riga (in Sigulda), breakfast, yoga classes, all tours, sauna ritual, folk concert, pick-up/drop-off from airport. **Not included:** travel to/from Riga from your country, meals, spa procedures, personal expenses, tax 9%. All tours & activities can be altered according to your interests and preferences.

INTERESTED?

Book now or send your questions to our e-mail: info@raamitravel.com

Phone: (+371) 29128229 (free calls via Viber, WhatsApp)



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