

SUMBA NIHIWATU

YOGA RETREAT

NOVEMBER 2 - 9 OR 2 - 11



WWW.USHAYOGA.ORG

081805306949

WWW.NIHIWATU.COM

62 361 757149

info@nihiwatu.com

reema@ushayoga.org

A unique opportunity to practice yoga in a pristine natural environment located along a private 2.5km beach. Classes will be led by Reema Datta, born into a family of yogis and known for her physically challenging and meditative retreats. Reema teaches in remote villages in India, township schools in South Africa, women's shelters in the U.S. and studios and retreat centers worldwide.



Treat yourself to an award-winning lodge, adventurous land and sea based activities, and Sumba's ancient tribal cultures. Return home stronger, lighter and rejuvenated. All levels are welcome.