

YOGA GURU CHRIS JAMES OFFERS THE ULTIMATE REJUVENATION PACKAGE AT HUVAFEN FUSHI, MALDIVES

Renowned UK Yoga Teacher and Detox Expert, Chris James will join forces with innovative LIME Spa at Huvafen Fushi in the Maldives from 29 June to 5 July 2008 to offer guests the finest in spa and lifestyle experiences.



Modern living places immense toxic strain on the body's vital organs and glands, The Chris James Yoga Detox Week at Huvafen Fushi is designed to provide the ultimate system overhaul, totally cleansing the system and preparing it to cope more efficiently with the demands placed upon it. In addition to daily yoga practice, Chris James will guide guests through an analysis of the relationship between food, drink, mind and body, complemented by the healthy menus available at Huvafen Fushi's Raw and Celsius restaurants. Massage treatments carried out in the stunning underwater treatment rooms at LIME, provide an additional pampering touch and complete the body's transformation.

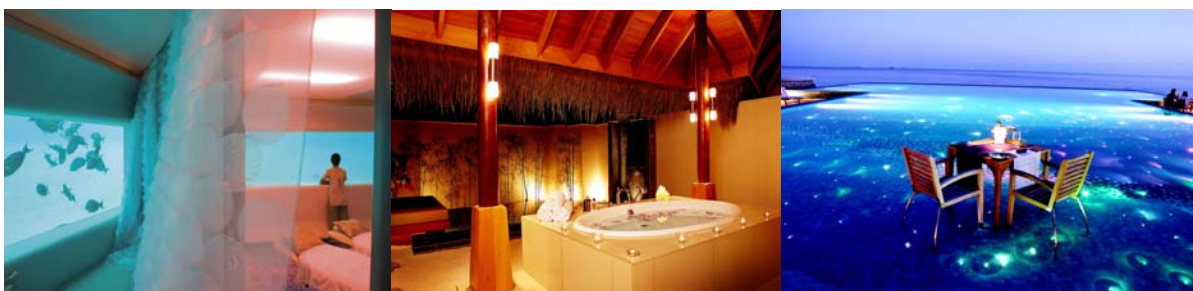


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Having practiced yoga for over 12 years and trained extensively in India, Chris James is one of the most sought after teachers on the international yoga circuit. Specialising in teaching yoga and remedial yoga worldwide, Chris puts his sensitivity as a teacher down to a strong one-on-one approach, saying; “I am able to adapt yoga to the individual rather than the individual to the yoga. This enables you to explore postures in greater depth. It also allows you to work on individual areas of resistance, alignment and practice. I focus on building core strength and postural integrity, co-ordinated breath, movement and relaxation techniques that can be employed in day-to-day life.”

Chris is also trained to give nutritional advice, creating dedicated Yoga Detox Programmes for audiences worldwide. The benefits of following these programmes are widespread and include weight loss; eradication of toxins; increased energy levels by up to 75%; improved mental faculties; and healthy, glowing skin. The Chris James 12 Day Urban Yoga Detox was recently voted the best Detox product in the UK.

In addition to the daily retreat activities, Chris will also be delivering an evening lecture on detox and the principles of Kriya Yoga – the yoga of internal cleansing – a form of yoga which is still little known in the west.



This rejuvenating experience is inclusive of:

- Initial naturopathic consultation with the Wellness Mentor at LIME (including Iridology and Haemaview analysis)
- Daily 90-minute morning yoga class with Chris James



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- Daily 60-minute afternoon Pranayama yoga class with Chris James, including meditation and deep relaxation
- Daily breakfast in Celsius with Chris James, consisting of fresh fruits, freshly squeezed juices and home-made muesli
- Daily lunch in Raw with Chris James, consisting of light, fresh and detoxifying spa cuisine
- Three 60-minute massage treatments in the underwater spa, LIME
- A complimentary bottle of LIME Virgin Coconut Oil
- Personalised breakfast, lunch and dinner dishes can be created by Chris and Huvafen Fushi for individuals on request, to cleanse and repair the body and promote weight loss

7 nights package including Flights, Accommodation, Speed Boat Transfers, and The Chris James Rejuvenating Yoga and Detox package: Two passengers sharing from £3,950 per person, One passenger single from £4450.00 per person

To discover more about the Chris James Yoga Detox and Spa Experience at Huvafen Fushi, please call +44 871 223 0507 or email chrisjames@chrisjamesyoga.com to book your luxurious bungalow.

Huvafen Fushi is one of the leading resorts in the Maldives recently awarded by Harper's Bazaar Travel Guide (UK) – Best Beach Resort in the World 2008, Interior Design's Best of Year Awards (USA) – Richard Hywel Evans Architecture + Design: Underwater Spa 2007, Elegant Resorts Preferred Partner Award (UK) – Best Spa Experience 2007 and the World Travel Awards 2007 – Indian Ocean's Leading Spa Resort. In 2007 we were also awarded the Best Resort for Service in the Indian Ocean 2007 in Conde Nast Traveller Gold List, we were on both the US and UK Conde Nast Traveller Hot lists when we opened in 2005. The list goes on...

The resort itself has just 43 naturally modern bungalows and pavilions, each room type showcases its own distinctive design and all have 7ft x 7ft beds, iPods, Bose surround sound, DVD players and plasma screen. Each room has its own plunge pool and expansive outdoor deck. The resort boasts the Indian Ocean's largest underground wine cellar with over 6,000 bottles of the world's finest vintages estimated at over USD1 million, four restaurants and a number of destination dining options.



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