

6-DAYS RETREAT OF

IYENGAR YOGA

PAOLO RAVA
LYA SAAEK
® IN ISASCO



You are invited to an Iyengar Yoga retreat in Isasco, Liguria, from the 27 December 2022 to the 1st of January 2023 taught by Paolo Rava and Lya Saaek



We are very happy to be able to organize this bilingual (Italian/English) retreat for all levels! Awareness on body, breath and mind will be the keywords of these 6 days together. Grounding through attention on the feet and legwork, strengthening of the core and going deeper inside through opening the groins and stretching iliopsoas, we slowly approach the back bends to expand the inner space and create freedom of the body and experience a relaxed mind.

Tuesday 27th of December 13:30 - 14:30 Arrival

Tuesday: 15:00 - 19:00 Yoga 19:15 Cooking dinner together.

Wednesday to Saturday: 8:00 - 12:00 Yoga 19:00 Cooking together or dining out.

Saturday 31st of December: 19:00 Cooking New Year's dinner together.

Sunday 1st of January 10:00 - 12:00 Yoga 12:00-13:00 Lunch and cleaning up.

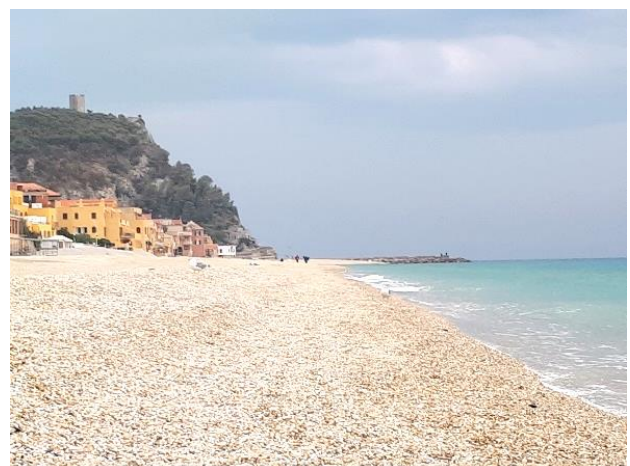
Cleaning of the yoga room and house is part of the seminar for everyone.

Paolo Rava e Lya Saaek, certified IYENGAR ® Yoga teachers: **Paolo, Intermediate Junior II**, with 39 years of experience and **Lya, Introductory II**, with 30 years of experience and passion for the therapeutical aspect of Iyengar yoga.

Registration and information:

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For a limited number of participants there is a possibility to stay in the house, otherwise there are several campsites and Bed & Breakfast nearby and we happily send you a list.