

A SEMINAR OF **IYENGAR YOGA**® AT ISASCO

PAOLO RAVA
LYA SAAEK



We invite you to an Iyengar Yoga retreat from 4th to 9th of August 2024
taught by **Paolo Rava** and **Lya Saaek**



We are happy to announce these 6 days of bilingual Iyengar yoga teachings in Isasco 250 m above the Mediterranean! Working at the roots of the positions, we rediscover the sensitivity of the feet, the strength of the legs and we recharge the core. By working on opening the pelvis, vital energy will flow freely, and by keeping the focus on the breath throughout the positions, we obtain mental relaxation and inner joy.

The workshop consists of 24 hours of teachings, and the schedule might change according to the weather. *The seminar will be taught in Italian and English.*

Saturday 3th of August 20:00 - 22:00 Arrival
Sunday to Friday 8:00 - 12:00 Yoga
Friday 9th of August 12:00 - 13:00 Cleaning

Paolo Rava and **Lya Saaek**, certified IYENGAR® Yoga teachers: Paolo, Intermediate Junior II, with 40 years of teaching experience and Lya, Introductory II, with 31 years of teaching experience and great passion for the therapeutical aspects.



Information and application:

lyasaaek@gmail.com WhatsApp +45 24270450 or paolo.rava@gmail.com cell phone +39 3386658053

We can provide some beds in the house and the garden has room for tents. Otherwise, there are various B&B and campsites nearby – on request we happily send more information.