

A WORKSHOP OF **IYENGAR YOGA** ® IN LIGURIA

PAOLO RAVA
LYA SAAEK



You are invited to Isasco, Finale Ligure, to an Iyengar Yoga workshop
from **14 to 18 August 2017** led by
Paolo Rava Intermediate Junior II and **Lya Saaek Introductory II**.



We will work on awareness in asanas and breathing to experience freedom and openings of the body and relaxation of the mind. Some asanas will be practiced using the ropes as well as with other Iyengar Yoga props when needed.

Sunday evening:

20.00 - 21.00 Arrival

Monday to Thursday:

8.00 - 10.30 yoga lesson

17.00 - 19.30 Yoga classes

Friday:

8.00 - 12.00 Yoga lesson

12.00 - 13.00 Lunch and final cleaning (karma yoga)

Cost: yoga lessons 200 Euro

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Isasco is a wonderful valley 250 m above sea, immersed in the green of beautiful pine forests and Mediterranean scrub, with wide sea views. Varigotti Beach is a 30-minute walk away.

There is a chance to stay in the adjoining house for a limited number of people at a cost of 15 euros per night; a kitchen is available, the breakfasts will be self-managed and we will be dining in nearby restaurants. Alternatively, there are several campsites or B&B nearby.