

A seminar of **IYENGAR YOGA**® for women at Isasco



You are invited to a 5-days Iyengar Yoga seminar for **WOMEN**
12th -16th of October 2024 with Iyengar Yoga Teacher Lya Saaek



Working in the shadow of a great pine tree, you will rediscover the sensitivity of your feet, train your balance and coordination and improve the strength and flexibility of your legs. Be ready to recharge your core, strengthening it from many angles, and to work deeply with the psoas muscle and the connection to the spine. You will improve your posture and your inversions through the dedicated arm and shoulder work. The dynamic approach will slowly make the body ready for invigorating back bends. Much focus will be on the connection to yourself and self-care, on the breath flowing freely throughout the positions, and on joy and learning together.

The house provides the option for cooking dinner together and sharing favourite dishes, we can eat take away on the beach or dine in restaurants and pizzerias nearby or in medieval villages.

The seminar will be taught in English. Price 200 euro for 5 x 4 hours teaching.

The workshop is for everyone with a minimum of 3 years of practice.

There's also the option to participate only Saturday and Sunday for 90 euro.

Saturday 12th October 12:00-14:00 Arrival + **15:00-19:00 Yoga**

Sunday to Wednesday 16th **9:00-13:00 Yoga**

Wednesday 13:00-14:00 Cleaning of house and yoga areas (obligatory for all participants)

Lya Saaek, certified IYENGAR® Yoga Introductory II, with 31 years of teaching experience and great passion for the therapeutical aspects.

Information and application:

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The valley Isasco is situated 250 m above the village Varigotti by the Mediterranean. The house provides some beds, and the garden has room for your tent. Besides, there are various B&B and campsites nearby – I'm happy send more information on whatever topic relevant.

