



OPENING AND HARMONIZATION: IYENGAR METHOD

Iyengar Yoga Retreat at Fattoria Casa Sola with Nicola Ricci

Summer Solstice is slowly approaching.

This specific period sees our Emisphere opening toward cosmos influences. Yoga practice, (with specific Asana and Pranayama exercise) offer the occasion to create the needed space and openness in our physical and psychical body. Morning sessions will be dedicated to body preparation in order to be ready to engage in overturned Asana and Pranayama exercise during afternoon session.

Iyengar method enable every participant to benefit of Yoga richness, no matter of our age and body conditions. The goal of this 3 days of intense work with Yoga is to remove physical and mental blocks and rendering Energy capable to flow freely and controlled across ourselves.

Saturday 30th May

Check-in: until 3.00pm
4.00-7.00pm Yoga practice with Nicola
8:30-9.30pm Dinner
Free Time

Sunday 31st May

7.30-8.30am Breakfast basket in your apartment
9.00-12.00am Yoga practice with Nicola
1:00-2.00pm Lunch
Free Time
4.00-7.00pm Yoga practice with Nicola
8:30-9.30pm Dinner
Free Time

Monday 1st June

7.30-8.30am Breakfast basket in your apartment
9.00-12.00am Yoga practice with Nicola
1:00-2.00pm Lunch
Free Time
4.00-7.00pm Yoga practice with Nicola
8:30-9.30pm Dinner
Free Time

Tuesday 2nd June

7.30-8.30am Breakfast basket in your apartment
9.00-12.00am Yoga practice with Nicola
12:15 Brunch and check out

Nicola Ricci - Yoga teacher, Iyengar style

He studied Yoga with Gabriella Giubilaro and some of the most qualified Iyengar® Yoga teacher around the world. He is a certified Iyengar® Yoga teacher as per the Iyengar® Yoga international federation standards. He teaches Yoga since 2009 at the Firenze Iyengar® Yoga Institute (istitutoiyengaryogafirenze.it), and at the Base-Yoga Firenze (yoga-firenze.it). He also teaches private classes and workshops. Teaching languages: Italian, English, Portuguese. He regularly attends courses held by the Iyengar family. At the Ramamani Iyengar Memorial Yoga Institute in Pune.

Prices

Per person in double room

euro 350,00

Retreat with min. 8 people.

For information:

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CASA SOLA

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