“IT IS THROUGH THE ALIGNMENT OF THE BODY THAT I DISCOVERED THE ALIGNMENT OF MY MIND, SELF, AND INTELLIGENCE”

B.K.S. IYENGAR

IYENGAR YOGA INSTITUTE MILANO

IYENGAR® YOGA IN GOA, INDIA

22-29 JANUARY 2018
Samata Holistic Retreat Center
www.samatagoa.com
IYENGAR® YOGA IN GOA, INDIA  
22-29 JANUARY 2018 (8 NIGHTS, 7 DAYS)

THE TEACHER

Sensitive, creative, intense, Chiara is Ph.D in Environmental Economics and mother of two, son and daugther. She is an experienced IYENGAR® teacher who applies her attitude and passion for studying and scientific research in her yoga teaching to beginners and more advanced students. She also loves working with teens and kids to experience the pure joy of practice with them. She is currently Vice-President of the Italian Iyengar Yoga Association, Light on Yoga.

PROGRAM

Daily practice of IYENGAR® Yoga, including asana and pranayama, in a beautiful open-air yoga shala, fully-equipped with IYENGAR® yoga props.

Working with the renowned precision, wisdom and soulfulness of IYENGAR® Yoga, you will experience the transformative and inspiring power of this beautiful practice. Props will help to disclose and bring intelligence to parts of the body which are dull, and quietening those which are overacting. Pranayama (conscious breathing) sessions will energize and guide to mental awareness and stability.

The seminar is open to beginners or more advanced IYENGAR® Yoga students. Classes will progress according to each student’s personal ability. The seminar will be held at the exquisite Samata Holistic Retreat Center near Arambol, Goa in the south of India. Amazing people, beautiful beaches, premium organic food (all grown on site), quiet environment, refined accommodations, beautiful yoga studios and easy access to the lush jungle.

For more information: info@yogastudiomilano.it