

**JUNE
11-17
2022**

YOGA HOLIDAY RETREAT

**LA BRUGUERA DE PÚBOL, COSTA BRAVA
WITH SAMA FABIAN & TANYA SYED**

www.aurolabyoga.net

www.thelisteningbody.co.uk



samyoga@btinternet.com
01792 845909
07805 048689



Arrive at Barcelona /Girona airport on Saturday 11th in the afternoon to get to the house for dinner. Leave on Friday 17th after brunch.

Our new 'NO PLANES YOGA RETREATS' scheme includes a 10% discount, offered in collaboration with our hosts, to those traveling by other means.

Fee: £730 includes comfortable shared accommodation, all meals and 2 daily practice sessions. Excludes travel and transfers.

We will offer our characteristic integration of mindful and powerful practices that include breath, sound and movement, plenty of relaxation as well as strengthening and revitalising Yoga. This year there will be a particular emphasis on mobilising the power of the belly to pacify the fluctuations of the mind. You will be invited to tune into the practice to find a viable intensity that allows you to move consciously and peacefully.

Our teachings cover a broad spectrum of practices some of which are original to AurolabYoga, specifically kriyas, mudras & sound sequences, the Samanga Form and Surya Namaskaram. The retreat is suitable for any level or style. All curious practitioners welcome!

Accessible through a woodland this lovely house stands in the centre of beautiful gardens with some secluded places to discover around the property. You can enjoy the heated pool and a variety of spaces, verandas and patios. The house is 20min drive from the sea, 25 min from the Garrotxa mountains and in walking distance to the Dali/Galla castle and other Art Galleries. The yoga studio is fully equipped so you can travel light.

Schedule:
7-8 Hot drinks and fruit
8-10 Practice
11 Hearty Brunch
3 Afternoon tea
5.30-7 Practice
7 Dinner

**Places are limited
Please book early**