



All LEVELS YOGA WORKSHOPS & CLASSES in Plakias & Triopetra on Crete with Natasa 04. – 18. August 2018

WE WELCOME YOGA BEGINNERS, EXPERIENCED PRACTITIONERS AND TEACHERS



life is here

**EXCEPTIONAL ASHTANGA YOGA
WORKSHOPS & RETREATS ON
UNIQUE CRETE ON IMPRESSIVE
ISLAND OF GREECE**

breath love

This year we opened the possibility of choosing among the two weeks program:

7 days IINTENSIVE Training & Yoga Classes in Plakias/Crete August 4. - 11.

7 days YOGA CLASSES morning & evening Triopetra/Crete August 11. - 18.

Practitioners of all age, style, level and background are welcome to delve into traditional Yoga. Here beginners and advanced students can both start and develop their own practice & teaching. Mysore Style & led classes, as well the intensive training, are good opportunity to approach own practice. All classes provide orientation for self-study and self-practice. You are all welcome to Meditation & Pranayama and Science & Yoga evening classes.

This retreat gives you possibility to take a step away from everyday life and the opportunity to concentrate on the practice to revitalize and reenergize yourself.

YOGA IS UNION - THE WAY OF THE HEART

“My heart and great curiosity have led me down the path of yoga, science and dance. Yoga has been a part of my life since childhood and I encourage everyone to learn these philosophies and practices and to integrate themselves.” -Natasa

In the first week:

Intensive Workshop for all levels - morning Mysore & led classes, Intensive Training and evening Pranayama & Meditation, Science & Yoga.

Workshop in Plakias/Crete is starting on August 04. at 18.00 and ending on August 11. at 10.00.



In the second week:

Yoga Classes, led and Mysore Style in the morning, evening Pranayama & Meditation and Yoga & Science.

Yoga Classes in Triopetra/Crete are starting on August 11. at 18.00 and ending on August 18. at 10.00



see u on the mat!

Natasa

FIRST WEEK - Timetable (Plakias, August 4.-11.2018)

07.00 – 07.30 VEDIC CHANTING and PRANAYAMA

- SOME OF THE EXERCISES WILL BE ADDED AT THE END OF MYSORE PRACTICE.

07.30 – 09.30 ASHTANGA MYSORE / Traditional LED Class

The beginners will be supported / guided.

09.30 BREAKFAST

10.00 - 12.30 INTENSIVE TRAINING

- Topics will be discussed with participants: traditional yoga (ASHTANGA & Vinyasa KRAMA), as well the individual topics, contraindications: Injuries (Variations), SELF-OBSERVATION - Correct alignment / setup (Asana through the Ashtanga series and their variations, adjustment / corrections).

18.00 - 20.00 On 4 evenings

- "Ashtanga is Yoga of Mediation" (guided meditation and pranayama), Science & Yoga (in special Astronomy and Astrophysics, as well as Philosophy and History of Yoga), Contemporary Yoga: Yoga & Dance.

SECOND WEEK - Timetable (Triopetra, August 11.-18.2018)

07.00 – 07.30 VEDIC CHANTING and PRANAYAMA

- SOME OF THE EXERCISES WILL BE ADDED AT THE END OF MYSORE PRACTICE.

07.30 – 09.30 ASHTANGA MYSORE / Traditional LED Class

- The beginners will be supported / guided. Starting time will be different for different levels.

09.30 BREAKFAST

13.00 LUNCH

18.00 - 20.00 On 4 evenings

- "Ashtanga is Yoga of Mediation" (guided meditation and pranayama), Science & Yoga (in special Astronomy and Astrophysics as well as Philosophy and History of Yoga), Contemporary Yoga: Yoga & Dance.

20.30 DINNER

Zitronenhügel ("lemon hill") in Plakias & Pavlos`Place in Triopetra ("triple rock") are located off the beaten path in the south of the island of Crete. These locations are considered to have the best insider`s tip because in the 1960`s "flower children" from around the world chose Crete for their place of meeting. To further promote a peaceful environment there are no bars or loud nightlife in the immediate vicinity. Here I have found for many years the perfect location for learning and deepening our practices of Ashtanga Yoga.



ACCOMMODATION - PLAKIAS
Plakias 740 60, Crete, Greece



ACCOMMODATION - TRIOPETRA
Triopetra 740 53, Crete, Greece



THE HEART OF TRADITIONAL ASHTANGA PRACTICE AND METHOD

Specific topics will be elaborated upon in groups.

We shed light on the following topics of Ashtanga Yoga:

- *Conscious bending backward/forward and inversions. For example: Bridge and inverted poses such as handstand and headstand. Individual Topics.*
- *Pranayama & Meditation*
- *Adjustments corrections and variations of the basic yoga postures*
- *Ashtanga Philosophy und Vedic Hiystory*
- *YOGA & SCIENCE – yoga philosophy and topics on astronomy and physics*

The focus areas will be chosen in accordance to the participants – there is enough time for workshops in small groups on various topics.

PRICES

Beginners Interested and Experienced, as well the friends and family, are welcome to spend one week

AT ZITRONENHÜGEL (RETREAT)

Yoga INTENSIVE– Into Ashtanga Yoga 4.-11.08.18

Ashtanga Yoga Intensive Retreat on Mysore Style
Overnight stay at Yoga House (in the triple / double / single rooms) &
Intensive Workshop: 1050€ / 800€ / 770€

Camping is possible.

You can also book the room in one of the hotels nearby.

Intensive Workshop only - price: 550€

Only Yoga Classes only – price: 370€

Drop-In is possible.

AT PAVLOS´ (RETREAT)

ONE WORKSHOP + ACCOMODATION

Workshop including full board (three vegetarian meals a day) and
overnight stay in Pavlos´ Place in the triple / double / single rooms:

YOGA classes – FOLLOW Your INSPIRATION 11.-18.08.18

Ashtanga Yoga Classes mornings & on 4 evenings

Full board + one Workshop: 685€ / 755€ / 860€

Only Workshop (Yoga classes evening & morning) – price: 370€

Drop-In is possible.

Binding registration by deposit of 370 €

The bank information will be forwarded with the application form.

Family and friends are welcome. Room assignments made by single individuals for dormitories cannot be guaranteed. Accommodation and meals can also be booked for accompanying persons. The bank details will be forwarded with the application (overnight stay, pay upon arrival).

CANCELLATION policy:

Up to 12 weeks before to the seminar (Workshop and Retreat) begins the seminar fee will be refunded with the deduction of a € 100,
- administration fee.

From 12 weeks before the seminar begins half of the fee will be refunded.

Four weeks before the entire fee is due, you are welcome to send a substitute.

ARRIVAL AND TRANSFER

Individual

Direct and inexpensive flights can be found from Vienna to Chania or Heraklion

REGISTRATION

Registration and Information available from:

Natasa Cvetkovic: jogasana@gmail.com, Tel: +43 664 508 1618

**IF YOU HAVE ANY QUESTIONS, FEEL FREE TO CONTACT ME
NATASA**