



YOGA RETREAT – Yoga Intensive WORKSHOP for All Levels & Mysore Style – Yoga Therapy TEACHER TRAINING | 12. – 19.08.17

FOR YOGA BEGINNERS, EXPERIENCED PRACTITIONERS AND TEACHERS



AN EXCEPTIONAL YOGA WORKSHOP/RETREAT IN UNIQUE TRIOPETRA ON CRETE ON IMPRESSIVE ISLAND OF GREECE

This year we opened the possibility of choosing among the program. 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. Mysore Style Teacher Training is good opportunity to approach the teaching as a part of practice – Ashtanga Yoga as a tradition in contemporary context, teaching technique. All classes provide orientation for self-study and self-practice. You are all welcome to 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.



ACCOMMODATION - TRIOPETRA
Triopetra 740 53, Crete, Greece

YOGA IS UNION – THE WAY OF THE HEART

THIS YEAR THE WORKSHOP IN TRIOPETRA/CRETE IS STARTING ON AUGUST 12. AT 18.00 AND ENDING ON AUGUST 19. AT 10.00

I WELCOME YOU!

I WILL TEACH THIS YEAR TWO PARALLEL PROGRAMS – INTENSIVE WORKSHOP FOR ALL LEVELS (MORNING MYSORE AND EVENING PRANAYAMA & MEDITATION, SCIENCE & YOGA) MYSORE STYLE TEACHER TRAINING (TT) ON PRIMARY AND SECOND SERIES AND EVENING PRANAYAMA & MEDITATION – TT STUDENTS ARE WELCOME TO SCIENCE & YOGA

HOPE TO SEE U IN TRIOPETRA!

NATASA

Daily Timetable

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

10.00-13.15 TEACHERS TRAINING

- *MYSORE STYLE PRIMARY AND SECOND SERIES. DETAILS: INJURIES (CONTRADICTIONS, VARIATIONS) – OBSERVATION – ADJUSTMENT (PRIMARY AND SECOND) – YOGA THERAPY; , VARIATIONS) – ASANA ACROSS THE SERIES/// NOTE – 2 EVENINGS PRANAYAMA.*

18.00 – 20.00 SCIENCE AND YOGA

- *ON TWO EVENINGS, ALSO PRANAYAMA AND MEDITATION*

20.30 DINNER

“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 EVER YONE TO LEARN THESE PHILOSOPHIES AND PRACTICES AND TO INTEGRATE THEMSELVES.” –NATASA



Tropetra (“triple rock”) is located off the beaten path in the south of the island of Crete. This location is 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.

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*
- *Adjustments corrections) and variations of the basic yoga postures*
- *Ashtanga Philosophy und Vedic History*
- *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.

PRICE

Beginners, Interested and Experienced are welcome to spend one week

ONE WORKSHOP + ACCOMODATION AT PAVLOS' (RETREAT)

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

Yoga Teacher Training– Ashtanga Yoga (THERAPY) 12.-19-08.17

Mysore Style Ashtanga Yoga Teacher Intensive Retreat

Full board + one Workshop: 850€ / 910€ / 990€

YOGA & Science – FOLLOW Your INSPIRATION 12.-19.08.17

Ashtanga Yoga Intensive Retreat

Full board + one Workshop: 650€ / 710€ / 790€

Binding registration by deposit of 350 €

The bank information and to fill in form will be forwarded with the application.

Or You reserve via [ONLINE- Form](#).

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 (the accompanying persons pay upon arrival at Pavlos' Place).

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**