

6-DAYS RETREAT OF

IYENGAR YOGA

PAOLO RAVA  
LYA SAAEK  
® IN ISASCO



You are invited to an Iyengar Yoga retreat in Liguria, from the 27 December 2023 to the 1st of January 2024 taught by Paolo Rava and Lya Saaek



We are very happy to be able to organize this bilingual (Italian/English) retreat for all levels! Awareness on body, breath and mind will be the keywords of these 6 days together. Grounding through attention on the feet and legwork, strengthening of the core and going deeper inside through opening the groins and stretching iliopsoas, we slowly approach the back bends to expand the inner space and create freedom of the body and experience a relaxed mind.

Wednesday 27<sup>th</sup> of December 13:30 - 14:30 Arrival

Wednesday:	15:00 - 19:00 Yoga	19:15 Cooking dinner together.
Thursday to Sunday:	9:00 - 13:00 Yoga	19:00 Cooking together or dining out.
Sunday 31 <sup>st</sup> of December:		19:00 Cooking New Year's dinner together.
Monday 1 <sup>st</sup> of January	10:00 - 12:00 Yoga	12:00-13:00 Lunch and cleaning up.

*Cleaning of the yoga room and house is part of the seminar for everyone.*

**Paolo Rava e Lya Saaek**, certified IYENGAR ® Yoga teachers: **Paolo, Intermediate Junior II**, with 40 years of experience and **Lya, Introductory II**, with 31 years of experience and passion for the therapeutical aspect of Iyengar yoga.

#### Registration and information:

[lyasaaek@gmail.com](mailto:lyasaaek@gmail.com) Whatsapp +45 24270450  
[paolo.rava@alum.mit.edu](mailto:paolo.rava@alum.mit.edu) ☎ +39 3386658053



For a limited number of participants there is a possibility to stay in the house, otherwise there are several campsites and Bed & Breakfast nearby and we happily send you a list.