

Yoga in Puglia, Italy 14 october – 21 october 2017

Do you feel tired, stressed and out of balance. Come to Italy and fill yourself with energy and joy.



During the week we will discover the strong power of the healing effects of Kundaliniyoga. We will do yoga together and listen to the vibrations of the Gong. The healing space in the sacred Ashram of La rosa de 4 Venti will hold us and help the process of guiding us and holding us to trust in the journey to be who we truly are.

There will also be time to discover the beautiful surroundings of the area of Martina Franca and Puglia in all. Visit the magic village of Alberobello, historical Galipoli or one of the magnificent beaches of the Adriatic or Jonic Sea.

This course suits both you as a introduced yogi and the curious beginner.



Yoga

We start the day with morning yoga (sadhana) just when the sun rises. A yogaset to start the day filling you with energy.

After the morning yoga and gathering there is time for a dip in the pool, walking and resting in the beautiful surroundings.

After breakfast you have time for yourself to explore the area of Puglia with its lovely beaches and beautiful towns. In the afternoon we have another session of yoga and meditation and in the evening we meet again to share our experiences and finish the day with a meditation.



Food

Our food is beautiful vegetarian and locally produced food cooked with love. Between meals herbals teas will be served.

Your stay and the surroundings

You stay in lovely rooms with bathroom in your choice of sharing a doubleroom or a single room. There ashram has a swimmingpool and beautiful outdoorspaces for relaxing.



About Ina and Camilla:



Ina Sand

Physiotherapeut MSc, specialized in mental and psysical health within physiotherapy. Yogaterapeut and Gong Master. In her daily practice she treats patients with stressrelated disorders. She leads several groups a week in yogatherapy. She also conducts research in Yoga as therapy. Since 2007 she has designed and delivered treatment groups, courses and retreats with focus on stressrecovery and recovering of energy and balancing of the nervous system.



Camilla Lund Elander

Camilla Lund Elander is a international certified Kundaliniyoga- and meditationteacher She is also a breathwalkinstructor. Since 2006, she runs the company Yoga Dimensions. Yoga Dimensions arranges deepening and och certifying educations like Level 2 kundaliniyogateachers and Guru Dharam Singh Khalsas Kundalini Yoga Therapy Training. Camilla also educates breathwalk-instructors och cooperates with Gurucharan Singh Khalsa. In her daily work she supports people to lifestylechanges and inspire people to start doing yoga everyday in courses like " 40 days with Yoga" and "Yoga for the Brain".

Price of course and booking

triple room: Euro 945, double room: Euro 1050, single room: Euro 1344

Book through our website: www.yogamedicin.com Included: Room and board (breakfast/lunch, dinner 7 nights/8 days and all yogasessions. Arrival on the evening of 14/10 and endning 20/10 in the morning . The price does not include: travel to and from Puglia or transfer to and from the retreat. Closest airports are Bari or Brindisi. Transfer from airport can be arranged.

For contact and booking: inainsweden@gmail.com, Phone: +46 (0)762508240