

# IYENGAR YOGA RETREAT WITH PIXIE LILLAS

## Dolcedo in Liguria, Italy

Wednesday 1st July – Wednesday 8th July, 2020

### ABOUT THE RETREAT

For the 12th year running, Pixie Lillas will be teaching a one-week (7 nights) retreat for teachers and experienced students in Dolcedo, Liguria in Italy. Unlike a yoga holiday, a retreat offers the opportunity to absorb oneself in the study of asana and pranayama without the obstacles of everyday concerns and commitments. Participants are encouraged to approach the week from the perspective of immersion and reflection.

Pixie has over 40 years of practice and teaching experience in Iyengar yoga. She has run her own studio in Sydney since 1980 and regularly conducts teacher training and teacher development courses, workshops and regular classes locally and internationally.

Students who attend the retreat in Dolcedo will have the opportunity to explore the effects of pranayama once or twice a day and to have ongoing sequential asana sessions which allow for the development of particular yoga techniques and concepts tailored to the group.

### LOCATION

Dolcedo is a lovely small medieval village within easy walking distance from the retreat centre, which is an old converted mill called Molino Pincion. The nearest city is Imperia, which is located by the sea and approximately 15 minutes away by taxi. The nearest airports are Nice and Genoa. Detailed travel information will be supplied after booking.

### DAILY SCHEDULE

There will be three classes a day:

**6.15 – 7.00 AM Pranayama**

7.00 – 8.00 AM Light Breakfast (supply own)

**9.00 – 11.00 AM Asana**

11.30 AM – 12.30 PM Lunch (catered)

12.30 – 4.00 PM Free Time

**4.00 – 6.00 PM Inversions, restorative and remedial**

6.30 PM Dinner



## ACCOMMODATION

Accommodation is based on twin share. If you are coming with a friend or partner that you are happy to share a room with, you can indicate your preference at the time of booking. Some single occupancy rooms may be available depending on number of participants. Priority will be given to those with specific requirements and thereafter based on order of booking. It is not possible to guarantee single rooms though the accommodation is spacious and offers plenty of opportunity for finding a quiet place.

## FOOD

A cook, familiar with the requirements of a yoga retreat, will provide lunch and dinner based on fresh Italian, vegetarian food. It is important to let us know if you have any special dietary needs at the time of booking to ensure you needs can be catered for. Breakfast will be on a self-catered basis and each apartment has a fully equipped kitchen. Supplies can be purchased from the local "alimentari" shop in the village.

## ARRIVAL & DEPARTURE

For the continuity of the teaching and for the benefit of the group as a whole, please make travel plans to attend all sessions. The first session will start at 4pm on 1st July and the last session will finish at 9am on 8th July followed by breakfast.

## ADDITIONAL INFORMATION

Yoga equipment is provided but you are welcome to bring your own. Bedding and towels are included in the cost. There is a natural water stream that runs through the property for taking a dip, and the surrounding hillside is perfect for an evening summer stroll so make sure you pack your swimming costume, beach towel and suitable walking shoes. Massages will be available with a qualified massage therapist which can be booked and paid for separately at the retreat.

## PAYMENT

Cost is **855 Euro/730 GBP** including food, accommodation (including towels and bedding) and all yoga sessions. A non-refundable deposit of 150 Euro/130 GBP to be paid by 31st January 2020 to secure your place with final balance to be paid at least 6 weeks prior to arrival. It may be possible to pay in \$AUD, please email to discuss options. Please confirm availability of a place via email before paying the deposit. You will receive a booking form and terms and conditions that you will need to complete to at point of booking and return with proof of payment of deposit.

### **Euro payments should be sent to:**

Account Name: Helsingfors Pty Ltd

Bank: TransferWise Europe SA, Square de Meeus 38 bte 40, Brussels, 1000

SWIFT/BIC (Bank Code): TRWIBEB1XXX

IBAN: BE17 9670 4359 7321

### **UK payments should be sent to:**

Account Name: Helsingfors Pty Ltd

Bank: TransferWise, 56 Shoreditch High St, London, E1 6JJ

Sort Code: 23-14-70

Account No: 56225546

IBAN: GB23 TRWI 2314 7056 2255 46

Contact: Cath Morgan at [dolcedo@balmainyoga.com](mailto:dolcedo@balmainyoga.com)

