

IYENGAR YOGA RETREAT WITH PIXIE LILLAS

Dolcedo in Liguria, Italy

Saturday 1 July – Saturday 8 July 2023

ABOUT THE RETREAT

This wonderful week long yoga retreat with Pixie Lillas will be taking place once again in Dolcedo, Liguria, Italy in 2023. Those new to the retreat are in for a treat. 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

You will have your own room in a shared apartment (with shared kitchen and bathroom facilities). If you are coming with a friend or partner that you are happy to share a room with, you can indicate that preference at the time of booking and a small discount will be available for anyone sharing a room.

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 your 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, just a 10 minute walk away.

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.

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 **990 Euros** including food, accommodation (including towels and bedding) and all yoga sessions. (Twin share cost is **955 Euros** per person). A deposit of 100 Euros to be paid by 14 February 2023 to secure your place with the final balance to be paid at least 6 weeks prior to arrival. If you prefer to pay in GBP you can pay a deposit of £100 into the UK account below and the final GBP price will be calculated when the balance falls due. Please see terms and conditions for cancellation policy.

The deposit should be transferred into the following accounts:

Account Name: Helsingfors Pty Ltd

Bank: Wise

BIC: TRWIBEB1XXX

IBAN: BE17 9670 4359 7321

Address: Avenue Louise 54, RoomS52, Brussels, 1050 Belgium

POUNDS STERLING (FOR UK DEPOSIT PAYMENTS ONLY):

Account Name: Helsingfors Ptd Ltd

Bank: Wise

Sort Code: 23-14-70

Account No: 56225546

Address: 56 Shoreditch High St, London, E1 6JJ

Please send confirmation of your deposit along with any other questions to Cath Morgan at

dolcedo@balmainyoga.com

