



ENSŌ YOGA SHALA

is delighted to present you: *A retreat to restore balance in your lifestyle & cultivate harmony within.*

Living Yoga & Healthy Raw Vegan Food Retreat

09 - 15 August 2015 6 nights / 5 days

The Retreat

In heart of the nature of south of France in a beautiful ecological retreat centre, 5 days of intense Yoga & delicious raw food. We invite you to take a leap forward towards the foundation of healthy & conscious living. Join us in this holistic retreat to restore a wholesome you.



Living Yoga with Nadège & Aman

The fast paced lifestyle most of us are leading now, often takes us away from the balance of the body and mind, an essential condition to optimum health. And every aspect of our life including relationships to others get inexorably affected. One of the root cause to it is that we often forget or pay no attention to our daily actions like the way we eat, breath, sit, stand, walk, talk & behave, etc. By just being a little conscious to these simple actions one can find their way to wellbeing.



In this retreat we will emphasise on healthy/organic/natural/simple living in the yogic way, we will also be exploring a few workshops on the topics like Inversions, backbends, empowering neck, shoulders & back, a workshop on yogic breathing etc., along with daily classes based on the blend of the precision of alignment and invigorating ride of vinyasa karma. And yes, meditation on the Silence...

Healthy Raw vegan food with Sandra

Learn the benefits of Raw food and juicing which include optimum digestion, detoxification, glowing skin and lightness for a healthier YOU! You will learn the basics of Raw food preparation, healthy and delicious meals in a fun way.

In our daily raw uncooking classes you learn about the different equipment that can be used in a raw lifestyle.

We will enjoy a fresh juice every morning, a beautiful and healthy breakfast, a light lunch and a happy dinner every day, and much more.



The Accommodation

An ecological house “A Quietude Getaway”, simple, beautiful, decorated with pure vibes, owned by a wonderful couple, who care for the nature, wellness and wellbeing of others.

We will be sharing 4 bedrooms, 2 bathrooms (Sorry no private bathroom available!), a large living room, a yoga room & plentiful of space for everyone to live in harmony with each other and with the surrounding nature.



Daily timetable will look alike

- 07:30 - 08:00 Good morning tea (along with Positive thoughts seeding)
- 08:00 - 10:00 Yoga at Up
- 10:00 - 11:00 Break-fast
- 11:00 - 12:30 Silent Meditation , Reading , walking etc..
- 12:30 - Lunch delight
- 14:30 - 17:00 Healthy food preparation with love
- 17:30 - 19:00 Yoga at Down
- 19:30 - 21:00 Happy & Healthy Meal
- 21:30 - 22:30 True Gathering (Satsang, Sharing, helping, Chanting)
- 23:00 - 07:00 Lights Out

Pricing & Conditions

Early Bird

Valid before 15th june 2015

- Mezzanine room = 1100€ / per person
- Double Room* = 1150€ / per person
- Triple Room = 1150€ / per person
- Twin Room = 1200€ / per person

Normal Price

After 15th june 2015

- Mezzanine room = 1200€ / per person
- Double Room* = 1250€ / per person
- Triple Room = 1250€ / per person
- Twin Room = 1300€ / per person

*Although one of the double room has it's own bathroom, since the house has only two bathroom in total, therefore this one also has to be shared!

Kindly note all rooms are shared, and no private bathroom/toilet are available.

A non-refundable Deposit of 450€ is required to reserve your place and rest of the fees are payable before 10th july 2015.

Refund Policy

Before 10th july all fees are refundable except the initial non-refundable deposit of 450€, thereafter all fees are only transferable, **not refundable**.

In the event you cannot attend the retreat but you know of someone who can take your place, you can transfer the full amount of your fees paid to that person.

Karma Yoga: Upon your request we will try to find someone to take your place, if we do, we will be more than happy to refund 100% of your deposit!

Ensō Yoga Shala

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Venue

La Bastide du Grand Chêne

141 chemin des beylons

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