

Forrest Yoga in Umbria

May 8th – 15th 2016

Forrest Yoga

A Yoga style developed by Ana Forrest for the modern day body and mind. Ana has been creating Forrest Yoga in the past 40 years to facilitate healing in the body and in the mind. She believes that what we have in our minds sits somewhere in our bodies. Forrest Yoga uses comfortable heating (26°C), Ujjayi breath, and sequencing that encourages long holds in the pose. Everything you need to detox, oxygenate, and heal! Connect deeply to your spirit and core. All levels welcome.

Retreat Schedule

We will begin our day with a light breakfast followed by a deep and specific Forrest Yoga class. Every day has a different intention and theme.

The afternoon classes are more relaxed. We will use mindful Yin and Meditation inspired Forrest Yoga sessions to connect deeper to ourselves and our spirit.

Price: Euro 1100.00 per person double occupancy

Single Room Supplement charge of Euro 300.00

Early Bird Discount 10% off the price when booked before the 15th of January 2016

What is included:

- 7 nights accommodations
- 3 vegetarian meals a day
- 6 days of Yoga

Not included:

- Flights to Italy/Umbria
- Transfers from the airport or train to Caimeli
- Travel Insurance

Deposit 25% paid on booking confirmation and the balance 60 days before the starting date of the retreat.

Cancellation: The deposit is non-refundable but we will allow you to shift your yoga booking to another one of our weeks when the availability is there.