



KASHMIRI YOGA IN CRETE

with Vanessa Langer

From 12 to 19 September 2020

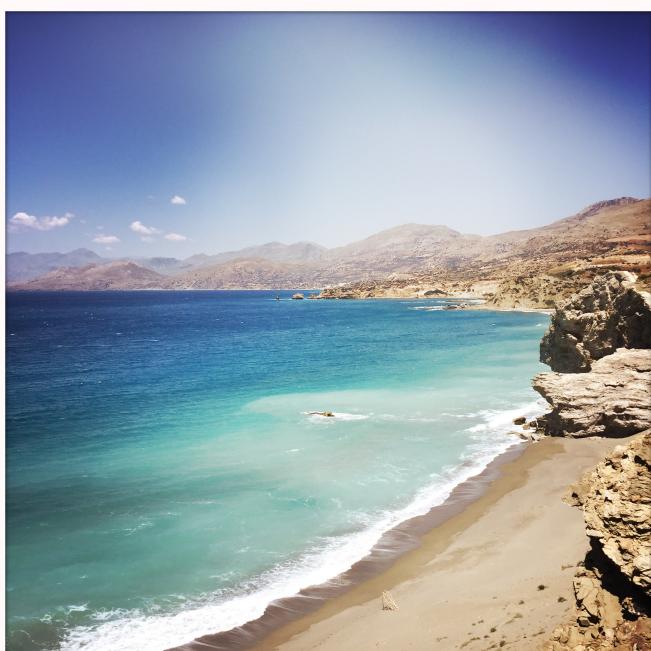
Accessible to all and limited to 12 participants

In a magnificent location, surrounded by olive trees, you will stay in a charming guest house with traditional Cretan architecture.

You will have the chance to discover the pleasures of Cretan dishes thanks to the guesthouse cook's local specialties and enjoy the panoramic views overlooking the sea. The village is a two-hour drive southwest from Heraklion. The entire region is stunning and runs along a natural unspoiled coastline. Rental cars will be at your disposal enabling you to discover the surrounding villages and towns, the Preveli Monastery as well as delightful little creeks.

This week-long yoga training will give you the opportunity to explore corporal sensations on a deeper level as well as the Kashmiri orientation with 2 hours of morning practice and 90 minutes at the end of each afternoon. We will also propose some time for group discussion.

If you are interested, please contact Vanessa Langer: vanessa@vismaya.ch



INFORMATION AND REGISTRATION

Yoga: the yoga course will be led by Vanessa Langer, an experienced instructor who offers a deep, subtle practice, centered around consciousness and sensitivity. Her teaching has been enriched by training in fields as diverse as anthropology, psycho-corporeal therapy, applied anatomy, yoga, dance and sexology. The Kashmiri approach, as transmitted by Eric Baret, guides her in her yoga practice and teaching since 2010, and permeates her daily life, constantly challenging and transforming her perception of the world.

Kashmiri Yoga is a gentle practice of sensory consciousness, not striving for performance but for fluid postures free of resistance. It is practiced meditatively, in lightness, thus awakening the sensitivity of the body and instilling tranquillity. It doesn't seek to reach any goals but rather favours the liberating awareness of one's limits and abilities.

The yoga sessions will incorporate quiet meditation, sequences of postures, breathing practice and the possibility to talk about the approach and your personal experience.

Price: CHF 1300.- per person in double room

Supplement for individual room (according to availability)

CHF 200.-

Supplement for a suite (according to availability)

CHF 100.-

The price of the training includes: rental cars that will be at your disposal during the entire week (basis 4 persons /car), lodging for 7 nights, daily room taxes, half-pension, Sunday morning until Saturday morning (large daily brunch following morning practice and dinner), Yoga classes: 6 days (first practice Sunday evening and last practice Saturday morning).

The price does not include: Flights, airport taxes, gasoline, cost of supplementary drivers (to be paid when we arrive), drinks, meals not mentioned on the program, personal expenses, cancellation insurance, yoga practice materials (mat, strap, blocs, meditation cushion).

The flight: Geneva-Heraklion with Easy Jet: reserve only after confirmation with Vanessa Langer. Remarks: for US citizens, a passport is necessary to enter Greece.

Reservation: Vanessa Langer / vanesa@vismaya.ch / +41 76 561 04 40

Registration Conditions: registration is validated upon reception of down payment of CHF 700.- and signed registration form. The remainder is to be paid at the latest by June 15 2020. All bank transfer costs are to be paid by the participant.

Cancellation policy: In case of cancellation on your part, the following costs will be charged:

CHF 150.- after registration; 30% of the entire price from June 15 2020 until 67 days before departure; 50 % of the entire price from 66 to 41 days before departure. 100% of the price from 40 days before departure.

In case I have to cancel for personal reasons, the entire price of the training will be reimbursed with the exception of your airline tickets and other costs of your travel.

I highly recommend that all participants make sure they are covered by cancellation/ repatriation insurance.