



## YOGA at Punta Sabbioni, Venice, Italy 2-3-4-5 June 2011

with the possibility to spend a period running from 27 May until 5 June 2011

**the reservation and registration must be made no later than 15 April 2011**

Mind-body wellness, Yoga, Pranayama, Yoga Nidra, Meditation, Satsamga, Mantra Yoga, Chakra, Relax and teaching bija mantra of the 5 elements of the 7 chakras, protection, health, power etc..

**Subscription € 190 for 4 days (390 for the period from May 27 to June 5**

Dedicated to those who are interested in learning more on Yoga discipline, philosophy, mythology and all that is not offered in a regular yoga class, also open for those who are not an expert or for those unable to attend regularly school year.

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A charming different proposal... Punta Sabbioni, an unusual place for its connotation: huge beaches of fine pink sand and ... for the inland lagoon nature reserve.

Practice yoga on the beach with the red sun, which is mirrored in the sea

Yoga, energy, relaxation and improvement of physical and mental ...

In a place that has the flavor of exotic beaches and islands ... a stone's throw from the beautiful Venice. A holiday original, diverse, of construction ... to deepen and yoga while enjoying the sea, fine sand and, optionally, of a fun evening in the nearby tourist attractions. A moment's pause, suspension, cooling and charging the first sling back at work waiting for the summer holidays ... learn to breathe properly, relax ...

### **And the place ...?**

What could be to get both things: silence introspective and fun?

The vast pink beaches and dunes to Punta Sabbioni, with its pine forests that hide the various resorts and give the place a particular aspect, the most popular tropical locations.... and only a few minutes by boat from the enchanted Venice... and by an aristocratic and frantic LIDO adored by VIPs (for those who just can not do without it).

### **What more could you want?**

PROGRAM .... there is no program of rigid timetables and commitments. There are already too busy during the year work ... There we can reconstruct in full freedom. The lessons of physical yoga, meditation, pranayama (breathing), held on the beach in the morning and afternoon (time to be agreed with the group). With the small group of teachers will have intense moments that depart between 6.30 am and during the hours when the "others" are dedicated to lunch or just relax and escape. Together we will hand the second part of the

lessons of the morning (the early rising optional) and the late afternoon, buffet breakfast and dinner (with food production of the hotel, vegetarian and Mediterranean).

Free time you could spend with the group, or run it ... as you believe.

### What to bring?

Comfortable clothing, T-shirts, light trousers wide, a shawl or sweater for the morning meditation, a practice mat, a notebook and pencils or pens for notes. Of course, swimsuits, sunglasses, sunscreen, etc.. everything you need for the beach.

### How to get there? (Transfers to be arranged):

A few minutes from Venice, on the sea where nature is matchless, is the Holiday Center Valdor in the countryside and away from noise and traffic. You can book directly 041 966108 (Mr. Zanella) The cost per person in double room half board (1 breakfast and dinner) we have a special convention of 47 euro. Who wants a Bungalow, with all the comforts, for 4 people the cost is 18 euro per person. The bungalows consist of 1 bedroom for a couple, 1 twin bed, 1 living room, 1 bathroom, 1 kitchen and area and pine forest. The shops are within walking distance or you can arrange meals with the hotel. Natural habitat, ideal for holidays in complete freedom with relaxation, sports, swimming pools, sauna, massage, private beach, hiking, culture. Because of its convenience to offer the same sea, the countryside, the city of Venice, the islands of the Venetian lagoon.