

HOURS	1 ST PROPOSAL 7 days YOGA AND WELLNESS HOLIDAY (With sweet practices of energetic recharge) The cost is 290 euros.	2 nd PROPOSAL 14 days INTERNATIONAL COURSE FOR YOGA TEACHERS (1 st level) (Certified by C.U.I.D.Y. Italian Official Confederation of Yoga and I.Y.C. International Yoga Confederation of Delhi, India – divided in 4 meetings of 14 days per year – total: 600 hours) The cost is 980 euros	3 RD PROPOSAL 7 days AYURVEDIC MASSAGE – BASIC COURSE (Ayurvedic medicine theory and manual practice) The cost is 490 euros	4 TH PROPOSAL 14 days INTERNATIONAL COURSE FOR YOGA TEACHERS (2 st level) (Certified by C.U.I.D.Y. Italian Official Confederation of Yoga and I.Y.C. International Yoga Confederation of Delhi, India – divided in 4 meetings of 14 days per year – total: 600 hours) The cost is 980 euros	5 th PROPOSAL 7 days "Yoga Holiday Sea-reload-intensive energy " Participation of 490 euros
06.30-08.00	Free time	Meditation, purification and energetic recharge	Free time	Meditation, purification and energetic recharge	Meditation, practice of purification and recharge energy
08.00-09.00	Sweet Yoga-practice	Hatha-Yoga, SuryaNamaskara of Surya Sureshvara: practice	Yoga and Ayurveda: practice	Hatha-Yoga, SuryaNamaskara of Surya Sureshvara: practice	Yoga Practice for energy in the morning
09.00-10.00	Pause x BREAKFAST	Pause x BREAKFAST	Pause x BREAKFAST	Pause x BREAKFAST	Pause x 1 BREAKFAST
10.00-12.00	Free time	Yoga and Ayurveda: theory and standards	Ayurvedic Medicine: theory	Yoga and Ayurveda: theory and standards	
12.00-14.00	Free time	Vibhaga Pranayama (Yoga respiration reeducation)	Ayurvedic massage techniques	Vibhaga Pranayama (Yoga respiration reeducation)	Pranayama practices Vibhaga (Rehabilitation respirator yogica
14.00-15.00	Pause x LUNCH	Pause x LUNCH	Pause x LUNCH	Pause x LUNCH	Pause x LUNCH
15.00-16.00	Free time	Free time	Free time	Free time	
16.00-19.00	Free time	Mythology, Yoga origins and psycho-physical practices	Ayurvedic massage: practice	Mythology, Yoga origins and psycho-physical practices	
19.00-20.00	Sweet Yoga and relaxation: practice	Relaxation and Yoga Nidra	Yoga e Ayurveda: practice	Relaxation and Yoga Nidra	Practice yoga adapts to energy evening
20.00-21.30	Pause x DINNER	Pause x DINNER	Pause x DINNER	Pause x DINNER	Pause DINNER
22.00-23.30	Free time	Satsamga (questions and answers with the masters) and/or cultural activities (optional)	Satsamga (questions and answers with the masters) and/or cultural activities (optional)	Satsamga (questions and answers with the masters) and/or cultural activities (optional)	Satsamga (questions and answers with the teachers) and / or cultural activities (optional) Greeting the night x

The costs courses do not include:
Transfers, personal expenses and everything that is not included here above.
And.... individual ayurveda massage and treatments with oils and herbs by Giusy Ledda (reserved for participants: 40 euros x 1 hour. Outsider: 50 euros)
Consultation and auscultation of the wrist, definition of appropriate diet with the Master Amadio Bianchi Swami Suryananda (reserved for participants: 50 euros. Outsider: 70 euros)
Interpretation of graphic design of yogacharini Pandit Emy Blesio (reserved for participants 20 euros. Outsider 30 euros)