



SUMMER HOLIDAYS !!!
Wellness, Yoga, Pranayama, Yoga Nidra, Relax etc.

from 26 June to 11 July 2010
in SARDINIA - ITALY

and

From 23 July to 7 August 2010
in POLA - CROATIA

Wellness, Yoga, Pranayama, Yoga Nidra, Relax and ... to whom it may not attend a school-year class regularly there is a Training course for Yoga teacher

Summer holidays are a break for a thought and recharging .

Someone dive in the chaotic holiday clubs looking for fun and crowd. Others go climbing alone in search of silence, some people are in a desperate search of rest and nothing all or someone is fascinated by extreme sports.

And everyone finds what is looking for.

Having a good time to restore one's strength and gain energy so as to afford another year of hard job.

And more ... there are people who look for a different holiday ... to relax and empower body and mind with millenary practises that come from the science of Yoga.

And the place????

where you can find both silence and fun ?

The most beautiful and fascinating ones : **SARDINIA and CROATIA**

To wonderful white beaches and marvellous seaside.

Fabulous holidays ... for those who wish to use the summer break to attend a Yoga Teacher Training class that enables to attend more advanced classes in a future.

The Yoga Teacher Training is certified by the International Yog Confederation of Delhi, India, by C.U.I.D.Y. Confederazione Ufficiale Italiana Di Yoga and by The World Community of Indian Culture & Traditional Disciplines.

However, they might be some different holidays aldo for who is not interested in getting a certificate but simply in deepening Yoga discipline and enjoy a clear sea and the sun ...

REGISTRATION FEES:

1° - YOGA AND WELLNESS HOLIDAY

(Energetic Re-charging practise)

Those who simply want to deepen their knowledge of Yoga (beginners and advanced) can attend morning and afternoon classes (up to them) and have time to spend enjoying sun and sea.
Registration Fee: € 290 (one week) € 510 (2 weeks)

2° - ATTAINMENT FOR THE INTERNATIONAL YOGA TEACHER TRAINING (Level one and two)

(Certified by C.U.I.D.Y. Confederazione Ufficiale Italiana Di Yoga and I.Y.C. International Yog Confederation di Delhi, India) Registration Fee € 490 (one week) € 990 (2 weeks)

Info + 39 338 3116126 - +39 02 89150917

secretariat@confederazioneyoga.it

TERM OF REGISTRATION:

50% OF THE FULL AMOUNT IN ADVANCE

NOTICE !

EXTRA CHARGES:

PERSONAL EXPENSES, EXTRAS, JOURNEY , TRANSFER, EXCURSIONS, HALF-BOARD OR FULL-BOARD IN DOUBLE, SINGLE OR TRIPLE ROOM AND TAX AND EVERYTHING IS NOT MENTIONED IN THE SYNOPSIS

SARDINIA – Italy - Agriturismo ORVILE agriorvile@tiscali.it prices from 49 €

PULA - CROATIA – PARK HOTEL <http://hotel-park-pula.h-rez.com> prices from 38 €

You are kindly requested to mail the receipt of payment to the following address:

Confederazione Yoga,

Via Teramo 5

20142 Milano

Italy

secretariat@confederazioneyoga.it

+39 338 3116126

+39 02 89150917

<http://www.suryanagara.it>

BOOKING FORM

REGISTRATION FORM TO BE FILLED OUT AND SIGNED

Name

.....

Surname

.....

Sex

.....

Date and place of birth

.....

Job

.....

Address

.....

City

.....

Cap

.....

Nationality

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Phone

.....

Mobile phone

.....

Email

.....

Website

.....

REGISTRATION 1° PROGRAM:€ 290 (1 week)

REGISTRATION 1° PROGRAM: € 510 (2 weeks)

REGISTRATION 2° PROGRAM: € 490 (1 week)

REGISTRATION 2° PROGRAM: € 990 (2 weeks)

NUMBER OF PEOPLE

SINGLE ROOM..... **DOUBLE** **TRIPLE**.....

Signature

Bank transfer to:

INTESA SANPAOLO

filiale 21, via E. Ponti, 30, Milano, Italia

C.U.I.D.Y. Confederazione Ufficiale Italiana Di Yoga

IBAN IT21 W030 6901 6211 0000 0004 261

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