

YOGA in SICILY

with Emy Blesio Ambassador for Peace UPF and International President of the

International Yog Confederation di Delhi, India

http://www.suryanagara.it/emyblesio/cv_emy.html

<http://www.suryanagara.it/emyblesio/articoli.html>

the

from 23rd July to 6th August

the reservation and registration must be made no later than the end of June

Subscription € 990: full Course + hotel and transfer (this course gives the right to enter in the second year teacher training course)

For those who can attend only one week: 550 + hotel transfer

For those who want to attend classes in the afternoon for a wellness practice for a relaxing vacation (290 a week - 530 two weeks) + hotel and transfer

The hotel rates is the Florio Park Hotel near Palermo.



Mind-body wellness, Yoga Paripurna , Pranayama Hatha-ena, Yoga Nidra, Meditation, Satsamga, Mantra yoga action on the Chakra, Relax and teaching bija mantra of 5 elements, on the 7 chakra, of protection, of health, of power etc. and theory (the philosophical basis of yoga, the history, the mythology, the ancient basic texts etc.).

Dedicated to those who are interested in the deep discipline, philosophy, mythology and all what is not offered in the normal Yoga training course, subscription is also open to those who are not an expert or who is unable to attend a regular year school.

Info 366 4831487 - 02 89150917

A different proposal, charming, in an easily accessible place and not very expensive.

With unusual connotation for its natural beauty and comfort.

A hotel that has a deep history in welcoming guests (the hotel chain Florio is very famous and never gives bad surprises).

Practice yoga on the beach with the sun, which is mirrored in the sea Yoga, ENERGY, RELAXATION AND IMPROVEMENT OF PHYSICAL AND ... MENTAL.

A moment of pause, suspension, reflect and recharge, learn to breathe properly, relax ...

PROGRAMME.... there is not a strict schedule of commitments. There are already too many commitments during the working year... Everything is planned in complete freedom.

The lessons of yogasana, meditation, pranayama (breathing), will be held on the beach early morning, to enjoy the benefits of the sun rays, with energy practices...

And in the afternoon (times to be agreed with the group).

The theory (philosophy, mythology, historical basis) are held right after lunch or as an alternative to lunch (from 11 to 15) this also be discussed.

The important thing is to complete the course.

They can also be children, partners, friends who do not participate in the course in this case, contact directly the Hotel.

The hotel offers many possibilities for recreation, sports and fitness.

What to bring?

Comfortable clothing, T-shirts, light trousers wide, a shawl or sweater for morning meditation, a practice mat, a notebook and pencils or pens.

Of course, swimsuits, sunglasses, sunscreen etc.. all the needing for sea and beach.

How to get there?

Con aereo il costo ora è di 106 euro andata e ritorno e dato la "stagione piena" è un buon prezzo. Prima si prenota e meno costa. (Oppure traghetto fino a Palermo poi autobus non è lontano dall'aeroporto e dal Porto)

By low cost flight is 106 euros (now), go and back, it is a good price in this season. As soon as you will book and less will cost. (Or ferry to Palermo, then a bus, airport and port are not too far from the Hotel)

The cost per person in double room half board (breakfast and dinner) we are dealing with a special convention for groups ... for now, without convention is 60 euros. Half board, the full board is 70 (but we are asking for a special price). More and more we are and lower will be the cost.)

Per info about the hotel <http://www.florioparkhotel.it/it/index.html>



The swimming pool on the sea