

Inner Bliss Yoga Retreat

Unplug, relax, recharge your batteries and connect to your inner self

Escape the high-stress, fast-paced hustle and bustle of modern life in order to rediscover yourself. Enjoy unbelievably tasty and beautiful vegetarian food in the heart of Cognac country in the south west of France.

Period: Sun.25 - Fri.30, June, 2017 (5 night / 6 days)

Venue: Praana Wellness

Chez Vallée, 17500 Saint-Germain-de-Vibrac, France

Tel: +33 6 40 33 23 82

(1.5 hrs drive from Bordeaux airport)

<http://praanawellness.com/>



Room type & Price From €545 per person

Ensuit 1(Twin) : €650 (1st Floor)

Ensuit 3(Twin) : €650 (1st Floor)

Ensuit 2 (Double) : €700 (1st Floor) *For couple

Grenier (Twin) : €595 (2nd Floor) * Shared bathroom

Tent (Pool house) : €545 (1 Double, 2 singles - 4 pax) *WC, Solar shower

Dormitory : €545 (4 singles -4 pax)

Highlights

- 2 Daily Yoga session

- 2 Vegetarian buffet meals a day and afternoon snack, tea, coffee, water.

- Evening meal 1 st day, 4 full days plus breakfast on 6th day.

- Swimming Pool

-Optional therapies(not included in the price);Yoga therapy, massages, Ayurveda, Counselling.



Instructors

Jean Itier

jeanyogatherapies@gmail.com

<http://www.yogatherapies.fr/en/bio/>

Yoga crossed Jean's path in England where he lived and worked for several years.

He had injured his hip while practicing Capoeira and was looking for a way to treat it.

On the road to recovery, he discovered the therapeutic aspect of Yoga and eventually managed to heal his long standing injury.

He trained as a Yoga teacher with the Yoga Alliance (500h) in India, also traditional Thai massage and Aromatherapy essential oil massage.

And now teaching yoga in Paris. He teaches a style of Yoga which considers each student as a whole (body, mind and emotions) and which places emphasis on the therapeutic aspect of the practice to allow each student to acquire practical tools which can help to manage stress, anxiety and physical issues

Keiko Shanti Correia

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www.omshantiyogauk.com

Shanti is a certified teacher of Ashtanga, Hatha and Pregnancy yoga.

Trained Yoga, Meditation and Reiki in India and lived there for 4 years and now teaching yoga over the few years in London.

She believes that yoga and meditation are magic healing tools that release your tension and stress, lead you to the right way, brings a lot of happiness and peace into your life.

Have compassion and kindness that help you to grow a beautiful heart and soul.

Her yoga guide you to body and mind connection, positive thinking, inner happiness, self-awareness and peace of mind.

