



Yoga Sagara Bratislava
Traditional Indian Yoga Retreat in Slovakia
1 - 6 August 2023 (6 days 5 nights)

***For Reference only**

This is a yoga retreat combine traditional indian yoga practice with art and sound therapy for external and internal cleaning and which is take place in a beautiful nature for recharging our soul. Suitable to those want to explore traditional Indian Hatha yoga and deepen knowledge of yoga practice, no matter if you are beginner or advance practitioners or take a break from daily life.

- Learn more about the traditional Hatha Yoga which helps keeping the body fully active & highly vibrant
- Learn pranayama and meditation technique to improves focus & concentration
- Learn the secrets of manifestation through Yoga Nidra to improve sleeping quality
- Get chance to experience different stress release methods and all round practice let us to learn how to live a stress-free life

What we can expect in this yoga retreat

- Daily Yoga Practice
- Daily Kriya Practice
- Daily Meditation Practice
- Headstand to Backbend Workshops
- Art & Sound Therapy
- Ayurveda Lecture: Food and Diet
- Healthy Vegetarian Food
- Nature Walk

Price

Euro 600

Price Included

1. Accomodation for 5 nights in shared room
2. Two Meals per day (Brunch and Dinner)
3. Tea and snacks per day
4. Two Yoga classes per day
5. Workshops (Pranayama, Yoga Nidra , Asana lab, Ayurveda Lecture, Art Therapy, Sound Therapy)

Price Not Included

1. Travel costs to Modra
2. Personal expenses
3. Insurance
4. Visa (if needed)
5. Local Transportation

Payment Schedule

Full payment Euro 600 for reservation

Cancellation Policy

Before 1 July 2023 - 50% refund

On or after 15 July 2023 - 0% refund will be given but you can make replacement

Remarks:

For early check in or late check out, please contact us for details about the additional charge and arrangement