

yoga in

Ashtanga YOGA Inspiration



ॐ PRACTICE WITH EASE & JOY ॐ

ASHTANGA YOGA RETREAT

ANDREA AUTH. LEVEL 2 MIT GOVINDA LIVE MUSIC

IN MAGIC ANDALUCIA/SPAIN

26TH AUGUST - 2ND SEPTEMBER 2017

WWW.ASHTANGA-MM.DE

ASHTANGA YOGA RETREAT

YOGA IN THE LIVING TRADITION OF SRI T. KRISHNAMACHARYA

ALL LEVELS WELCOME!



ॐ DIVE INTO THE OCEAN OF ASHTANGA YOGA! ॐ

Join this Summer Yoga Retreat in the magic of tropical Andalucia near the Costa del Sol, Malaga. Get ready for an adventure with Andrea and Govinda at one of the finest Yoga Retreat places in Europe, the Centro Santillan. In this Retreat, you will experience Yoga as a transformation by focusing on deep breathing, connected to the consciousness of the energy-flow in your body. Through this inner awareness you are able to reach a peaceful state of the mind, to let go the past, and enjoy the beauty of the present moment. Dive into yoga practice, gain inner and outer strength, and transform your life physically and mentally.

LIFT YOUR PRACTICE TO A DEEPER LEVEL!

By inspiring impulses from the Vinyasa Krama Yoga and with the supporting technics from the BKS Iyengar Yoga and the clear understanding of the breathing. All Levels welcome!

ASHTANGA PRACTICE WITH EASE & JOY!

In the morning MysoreClassSessions you will fly with Govinda and his spherical sound carpet through your AshtangaYogaPractice. Govinda ,s Indian Classical music supports your focus, your breathing and your inner view to the drishtis. Andrea ,s guidance is unique in her empathic way and will bring your practice on a higher level.

THIS RETREAT IS FOR ALL ASHTANGA-LEVELS!



ACCOMMODATION IN THE CENTRO SANTILLAN

During the retreat, you will be accommodated in Centro Santillan, Malaga. Centro Santillan is an authentic Andalusian farmhouse with gardens overlooking the sea. You can immerse yourself in the silence of nature in its lovely gardens and the surrounding hills, a perfect setting for your yoga and meditation retreat. It was mentioned in The Times as one of Europe's best yoga and wellness centers. Centro Santillan is a newly built, beautiful state of the art retreat center. It has a fully equipped yoga studio, complete with yoga wall, and is designed with guidance from a leading yoga teacher, Simon Low.

You can relax in the extensive gardens or around the saltwater pool, and you can also enjoy stargazing under the dark night sky. They can also provide a bonfire outside for cold nights.

Set in a secluded location, Santillan is an Andalusian paradise. It is located in the countryside, surrounded by the silence of the mountain and with wonderful sea views. Situated in Rincon de la Victoria, 20 kilometers from the center of the capital of the Costa del Sol, it is nestled on a Malaga hill overlooking the Mediterranean Sea.

MORE INFORMATION WWW.CENTROSANTILLAN.COM

SCHEDULE

Sat Aug 26.	18.00	Welcome circle and dinner
Sun Aug 27.	8:00	guided morning Yoga- Session (pranayama and meditation, guided slow Ashtanga Yoga class, inspiration for your Ashtanga Yoga practice with elements of Vinyasa Krama and BKS Iyengar Yoga,)
	17:00	Afternoon session (Ashtanga Yoga technique, question and answer, philosophy, pranayama, mudra and meditation, and Restorative Yoga)
Mon Aug 28.	8:00	guided morning Yoga session
Tue Aug 29.	8:00	guided morning Yoga session
	17:00	Afternoon session
Wed Aug 30.	8:00	guided morning Yoga session after brunch, optional excursion to the beautiful Ronda and evening Mantra Singing Circle with Govinda and the Singing Yogis
Thu Aug 31.	8:00	Morning Yoga session with live music by Govinda
Fri Sep 1.	8:00	Morning Yoga session with live music by Govinda, evening farewell party - classical Indian music concert with Govinda
Sat Sep 2.	8:00	optional Morning Yoga session with live music by Govinda, Good bye circle, brunch, and departure

THE WORKSHOP-LANGUAGE WILL BE ENGLISH AND GERMAN.



COSTS

1 Person

Shared double room | Standard or Superior

€ 1,146 all inclusive (Yoga, Accommodation, Food)

1 Person

Private room | Standard or superior

€ 1,390 all inclusive (Yoga, Accommodation, Food)

2 Personen

Double room | Junior Suite

€ 2,642 all inclusive (Yoga, Accommodation, Food)

2 Personen

Double room | Grand Suite

€ 2,852 all inclusive (Yoga, Accommodation, Food)

STANDARD ROOMS

The standard rooms are rustic rooms with double bed or twins with terracotta floors or wood and beautiful view of palm trees and pool. Discover a comfortable Mediterranean atmosphere on the large terraces or at the porch.

SUPERIOR ROOMS

The superior rooms are elegant and spacious. They have a double bed or twins with high ceilings and wooden floors, a work or reading desk, a hot tub, and a terrace with sea and mountain views.

JUNIOR SUITE

Junior suite has a king size bed with a terrace overlooking the sea, a living room with Jacuzzi, a work or reading desk, and a bathroom with shower tub.

GRAND SUITE

Grand suite has all the necessary elements to make your stay unforgettable. King size bed, two spectacular terraces overlooking the sea, a splendid room, a Jacuzzi, and two bathrooms with one with a hydro massage shower.

IN THE PRICE INCLUDED:

- 7 nights accommodation
- Classical Indian music concert
- Daily brunch, dinner, coffee, and tea
- Daily yoga classes
- Early morning fruit, juices, smoothies, or light snacks
- Evening mantra sing circle

NOT INCLUDED:

- Airfare
- Airport transfers
- Alcoholic drinks
- Excursions
- Massage
- Optional activities
- Personal expenses

FOOD

You will be served daily brunch and dinner as well as coffee and tea during the retreat. The cooks at Santillan enjoy sharing their popular Spanish-influenced healthy Mediterranean cuisines.

The meals are vegan and vegetarian, and are based on organic produce grown under the Spanish sun, from their own gardens, local farmers, fruit trees, and herb garden. Besides brunch and dinner, Ashtanga YogaIn also offers early morning fruit, juices, smoothies, or light snacks. Meals are usually served in buffet style. You can always request special food like gluten free, to cater your needs during the retreat.

DRIVING DIRECTIONS FROM MALAGA AIRPORT (AGP)

- Leave the airport in the direction of Malaga.
- Follow signs that say 'Almeria' and 'Motril' on what will become the A7 motorway heading east toward Almeria and Motril.
- Do not go towards Granada, Cadiz, and Seville, but stay on A7 11.
- After about 20 minutes, take exit 258 off the motorway, which comes directly after EXIT 256, in the direction of Marcharaviaya (Torre de Benalgaon).
- Please note that the motorway exit signs are not in strict numerical order.
- Turn left and follow the road underneath the motorway and up the hill towards Macharaviaya following the signs painted on the rock, as explained above.
- If you use satellite navigation, get off the motorway at exit 258 in the direction of Macharaviaya and then follow the road up the hill towards Macharaviaya.

- Here you will start to see the signs Molino de Santillan painted on the rock in green and red letters against a white background and green frame.
- Be sure to take the right fork next to the school at the beginning of the mountain road, as signposted.
- The painted signs on the rock will guide you along a serpentine road up the hill for three kilometers, with quite spectacular views north over the mountains and nearby white mountain villages and southward to the Mediterranean Sea.
- Just after three kilometers on this mountain road, you will see a big black and white sign with red letters at a sharp right-hand turn.
- Take this turn to the right and follow this second, more narrow mountain road for about one kilometer, and Molino de Santillan is at the end of a right-hand turn off this mountain road.

ARRIVAL BY AIRPLANE

Please book your flight to arrive at Malaga Airport (AGP).

Ashtanga YogaIn can arrange a taxi transfer for an additional cost of 50 EUR each way. You can also share the cost if you are arriving at the same time with other participants.

PAYMENT

Please transfer your payment to the following bankaccount and your participation is fixed:

Andrea Panzer

Bank: Genobank Unterallgäu

IBAN: DE75 7316 0000 0205 7248 13 BIC: GENODEF1MIR

with the usage for „Ashtanga Yoga Retreat 2017“



ANDREA PANZER - YOGA TEACHER

Andrea is one of a few Sharath Jois' authorized level two Ashtanga yoga teachers in Germany. As a student of Sri Sribhasyam, the youngest son of Sri T. Krishnamacharya, and with the experience of a Vinyasa Krama training at Srivatsa Ramaswami, Andrea got the skills to teach the yoga of Krishnamacharya in a very unique and subtle way.



GOVINDA SCHLEGEL - MUSIC AND ORGANISATION

is an Artist from Germany studied the NorthIndian Classical Music for more than 35 years, so 15 years with the late Maestro Ustad Ali Akbar Khan, who died 2009. Today Govinda Schlegel continues his studies with Pandit Rajeev Taranath from Mysore, a senior disciple of Ali Akbar Khan. Govinda Schlegel works with several projects like „MUSICA INDICA“ an ensemble for Indian Classical Music And Dance, SHAMAN STRINGS, PLANET WAVES and SAPANA a multicultural crossover fusion experimental music Project.

**WELCOME TO ASHTANGA YOGA INSPIRATION
~ YOGA IN THE LIVING TRADITION
OF SRI T. KRISHNAMACHARYA ~**

REGISTRATION-FORM

ASHTANGA YOGA INSPIRATION
ASHTANGA-YOGA-RETREAT
26. AUGUST - 2. SEPTEMBER 2017

Name:	Date of birth:
Adress/Country:	
Yoga Experience:	
<input type="radio"/> Payment done (Date):	
<input type="radio"/> Arrival Flight Number (Date/Time)	
I like to stay in: <input type="radio"/> TWIN-ZMMER <input type="radio"/> shared with other Yogi (Name):	
<input type="radio"/> SINGLE ROOM <input type="radio"/> JUNIOR-SUITE <input type="radio"/> GRAND-SUITE	
Cancellation policy: In the most unlikely case of non-attainment of a number of participants of 15 persons, Ashtanga Yoga Inspiration has the right to cancel the Retreat.	

Exclusion of liability:

This event concerns the implementation of Yoga Lessons.
The responsibility for arrival and departure takes care by the participants.
The Reservation of the accommodation in the Centro Santillan will be taken by Yogaln.
All participants travelling on their own risk.

Your mobil:	home-phone:
E-Mail:	Facebook:
Place / Date / Signature:	

ADRESSEN

YOGAIN - YOGASTUDIO ANDREA PANZER
PHONE: 0049 (0)8331 499077
www.ashtanga-mm.de
www.govinda-schlegel.com

CENTRO SANTILLAN - Hotel Molino de Santillan
Ctra. Macharaviaya, Km 3
29730 Vélez-Málaga, Málaga
PHONE: (+34) 952 40 09 49
GPS: Longitude: -4.230852 Latitude: 36.741773
www.centrosantillan.com