

Course Summary

Dates

July 18 – 25, 2020

Title

Nurture and Nourish Body and Mind

Summary

This course is paced to offer a gentle, meditative practice that allows you the opportunity to sink deeper into the asanas and gain a thorough awareness of your body's needs. This retreat will meet you on a number of levels. If you are

- looking to deepen or begin your yoga practice
- contemplating where you want to go with your life
 - exploring ways to de-stress
- or simply taking some well earned time out...

..... this retreat is the ideal answer. Explore that essential balance between ease and effort through gentle asana practice, guided relaxation and meditation with an emphasis on creativity and ease of flow between postures – a moving meditation.

Style

Hatha based with nidra, meditation and chanting.

Programme

Asana Practice 7:30-9:00 am; Yoga Nidra (deep relaxation): times to be arranged around other excursions; Moving Inward 4:30 pm – 5:30 pm.

Suitability

All levels

Excursions and Extras

Village visit with meke, trip to waterfall, tapa making demo.

Food

Chicken, fish and vegetarian.

Itinerary

Arrive July 18. Retreat starts Sunday morning July 19, ends Friday evening July 24. Depart July 25.

Course Summary

Dates

Aug 22 – 29

Title

Yoga, adventure, experience and connection.

Summary

Step outside of yourself to experience the beauty of this magical island. Connect with the ocean, the river, the mountains, and the land. Your teacher will take you exploring... this is her yoga, from the morning and evening practices in the stunning yoga shala, to exploring beneath the sea, connecting with nature, making new friends, experiencing the warmth of the Fijian culture, and finding a deeper sense of peace and clarity within yourself.

Pacific Yogaflow is a unique blend of flowing yoga postures and deeply restorative stretches. Each session will allow you to go inwards or flow forward, become stronger, find balance, release and let go, bringing to your life a greater sense of peace.

Style

Vinyasa flow with Yin yoga

Programme

Twice daily practices; no practice on Thursday afternoon.

Suitability

All levels

Excursions and Extras

Two snorkeling trips, visit to waterfall, beach picnic at the Blue Lagoon, village visit

Food: Three meals a day

Food

Chicken, fish and vegetarian.

Itinerary

Arrive August 22. Course starts morning August 23, ends evening August 28. Depart August 29.

Course Summary

Dates

31 October to 7 November 2020

Title

Effort and surrender: a balance in body and mind.

Summary

Taking the physical and psychological benefits of yoga, meditation and mindfulness to a deeper level, this week explores the insights of all these practices for body and mind. It is suitable for beginners and regular practitioners of both yoga and meditation.

Style

Yoga, meditation and Mindfulness.

Programme

Daily practices in all aspects.

Suitability

All levels.

Excursions and Extras

Lots of fun excursions : healing pool of Nadamole and meke dance display, tapa making demonstration, visit to a wonderful waterfall, visit to Devodara beach and picnic lunch.

Food

Mixed menu.

Itinerary

Locked-in arrival and departure days.