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**Iyengar Yoga Summer Intensives with Inga Zimbalista**

 **July-August 2022, Veduna , Slovenia**

The courses aim to re-introduce our body with restored energy, strength, toning and transformation that allows more ease and flow within your mind and spirit, and creating a deep connection with our body's needs, cycles & rhythm, in order to cultivate our intuition.

**This year we will have 3 courses:**

**1st course** – 28 July - 1 August: Deep Recuperation & Rejuvenation Intensive - all levels

**2nd course** – 4-8 August: Intermediate

**3rd course** – 10-14 August: Advanced

*\* Students staying for the first and the second course will have two days off in between the courses in Veduna for rest and personal time.*

*\* Students staying for the second and third course will have a day off in between the courses in Veduna for rest and personal time.*

 ***Equipment***

It might be necessary to bring some yoga equipment. we will keep you updated.

This year we continue to bring Iyengar Yoga equipment from Pune, India.

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***Location***

**Veduna retreat centre**

[*www.vedunaretreats.com*](http://www.vedunaretreats.com)

*Velenje, Slovenia (1.5h drive from Ljubljana, 1h from the airport)*

The perfect environment for yoga practice - mountains, air, silence, accommodation, surroundings, Ayurvedic organic precise food etc. a natural swimming pool :-)

*See* [*photos*](https://vedunaretreats.com/gallery/veduna/)

\* Special food requests and allergies - please add them to the form in the registration section.

***Transportation***

\* Transportation to & from Veduna will be arranged and charged separately by Veduna centre.

\* Booking transportation will be available **until one month before the retreat** (end of June). The payment is per van and will be divided among the number of people that share the van (maximum of 8 student per van).

\* Optional airports for transportation:

1. Ljubljana (Slovenia), 1h from the airport
2. Gratz (Austria), 1.5 from the airport - flights only from Europe.
3. Zagreb (Croatia), 2h from the airport
4. Trieste (Italy), 2h and 15min from the airport
5. Venice (Italy), 3h and 20min from the airport
6. Vienna (Austria), 3h and 20min from the airport

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 ***Courses information***

The intensive would focus on deep cleansing, healing & integration for the restoration of body, mind & spirit through:

Daily Program - Full days:

• Meditation

• Pranayama session

• 2 Asana sessions

• evening walks after dinner in the beautiful surroundings (not obligatory)

• enough time to rest and do nothing / sauna / swimming

- Ayurvedic cleansing detox program based on an organic vegetarian diet.

- Hand built traditional sauna and natural freshwater pool to flush toxins from your body.

- Personal sessions (booking in advance, extra cost):
1) manual physical therapy sessions.

2) Fasciapulsology manual physical therapy sessions by Bérengère De Garsignies. - From the second course

*Fasciapulsology is a manual therapy that aims to work on the fascias which are connective tissues that surround muscles, bones, organs, and viscera. The work on the fascias will allow it to act in a way that is both structural and visceral and therefore on the whole body. All the work is done with the hands through a very light and soft touch, but also extremely deep. This touch also allows the practitioner to be in a state of listening without inducing anything and the body can then act on its own to restore its balance*

3) Consultation with an Ayurvedic doctor to understand your constitution.

**1st course – 28 July -1 August – All levels:**

 **(**Arrival: 27th July afternoon, departure: 2nd August from morning**)**

Recommended for students who practice Iyengar Yoga method regularly for at least six months *(regular practitioners of other methods who want to experience Iyengar yoga method please contact Inga before)*

This course will also prepare the body & mind for those who attend the following course.

**2nd course – 4-8 August – Intermediate:**

 **(**Arrival: 3rd August afternoon, departure: 9th August from morning**)**

Recommended for students who practice Iyengar Yoga method regularly for at least 2 years

*To get the best out of the Intermediate course we highly recommend participating in the first course as preparation*

**3rd course - 10-14 August - Advanced:**

 **(**Arrival: 9th August afternoon, departure: 15th August from morning**)**

Recommended for students who practice Iyengar Yoga method regularly for at least 4 years. Students of 3 years of practice can participate in the third week after consultation with Inga, and they have to participate in the second week.

*To get the best out of the advanced course we highly recommend participating in the second course as preparation.*

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***Teaching Fees***

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| --- | --- | --- |
| **1 Course** | 420 EU | 1650 NIS |
| **2 Courses** | 800 EU | 3100 NIS |
| **3 Courses** | 1100 EU | 4450 NIS |

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***Accommodation***

Prices for 6 nights, including 3 organic Ayurvedic meals per day:

- in a room for 2 people\* - **648 euro** (108 per night x 6)

- in a room for 3 people\* - **564 euro** (94 per night x 6)

- dormitory - **444 euro** (74 per night x 6)

\*These rooms have private bathroom and balcony

\*\*5% discount on accommodation for those staying for more than one course

\*\* Students that are staying for the 1st and 2nd course will have an extra one night fee.

**Notice**: we have a limited capacity for each course of about 20 students and the number of each room type is limited, so please be prepared to be flexible regarding your accommodation arrangements. We will do our best to meet your requests, but we cannot guarantee.

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 ***Equipment***

It might be necessary to bring some yoga equipment. we will keep you updated.

This year we already started bringing Iyengar Yoga equipment from Pune, India.

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***Registration procedure***

1) If you need help deciding which course is best suitable for you, please contact us:

**+972-525000367 (WhatsApp)**

**or**

 **yoga.south.telaviv@gmail.com**

2) Fill in this [form](https://docs.google.com/forms/d/e/1FAIpQLScV3b3Ongjb_UZbs523POr0dZpDky8zPtOPPgS0t-rib3rK0A/viewform?usp=sf_link) (in case you have a specific person you wish to share the room with, you can add it in the last section of the form, as well as special food request and allergy) - **registration until the 1/6/2022**

3) After processing your requests, we will let you know what the room arrangement is we can offer you and you can continue the process by sorting the payment for the accommodation online (via PayPal or BT to Veduna Retreat Centre). Your registration will be confirmed once you pay for accommodation.

4) Teaching fees can be arranged upon arrival. Israeli students can sort payments in Israel, please contact us.

*\* Important: As capacity is limited registration cannot be cancelled. We kindly ask you to respect your monetary commitment, even if from some reason you are unable to participate eventually.*

**Much sLOVEnia, See you soon! Inga and Korin**