

SUMMER IN SARDINIA

REST & RENEW

YIN-YANG SUMMER RETREAT with HEIDI ULRICH & AMANDA DAWN BLACKLEY
17-24 AUGUST 2019



Retreat time is a true gift for our being. Come join us at the beautiful Balaiana Eco Retreat center nestled in the Gallura region in north-east Sardinia for a week of pure nourishment. A balance of Yin and Yang yoga, hiking, healthy meals, resting by the pool, reading, rejuvenating. Time for yourself, to nurture and re-connect amongst the quietude and stunning views surrounded by mountains, oak forests and emerald seas. We will have the chance to explore this wonderful region and visit the unique beaches and coves, small villages and countryside.

Yang classes :

Morning yang yoga is a hatha-inspired flow. A challenging and fun practice where Heidi skillfully guides us in dynamic movement accessible to all levels of practitioners. A creative blend of strength and softness for spaciousness of body and mind.

Yin classes :

Evening yin classes by Amanda offer a valuable space to slow down and truly let go, as we move into a moment of silence and stillness. Over the week the practice will take us through the five elements of Traditional Chinese Medicine, focusing on the different areas and organs of the body, and their corresponding emotions to rebalance and revive our energies at every level.

Heidi Ulrich is a yoga teacher, teacher trainer, and co-founder of the Yoga Moves Nyon studio in Switzerland. She has taught yoga to thousands of students of all ages and abilities. A professional ballet dancer for 12 years she feels now blessed to be able to share her passion for mindful movement with her community. Heidi is from Melbourne, Australia.

Amanda Blackley is a teacher of Yin Yoga and Mindfulness, London born, Amanda has lived in Spain for 24 years. Her passion for the quiet stillness of Yin Yoga and the practices of Mindfulness infuse her classes with an integral therapeutic approach to self-care for experiencing a deep sense of calm and ease.

All classes will be offered in English and open to all levels of students. Beginners are welcomed and encouraged.



SCHEDULE :

Arrival day (Saturday) August 17, 2019

03:00 pm - 7:00pm - Check in

05:30 pm - 07:00 pm Yin Yoga in the Yoga shala

07:30 pm - Dinner

Daily schedule (Sunday - Friday)

07:30 am - 09:00 am Hatha Flow Yoga Class in the open air

09:30 am - 10:30 am Breakfast / Brunch

10.00 am - 05.30 pm Free time to relax by the pool or explore the island and its beaches

05:30 pm - 07:00 pm Yin Yoga in the Yoga shala

07:30 pm - Dinner

Departure day (Saturday) August 24, 2019

08:00 am - breakfast

10:00 am - latest check out time

*exceptions :

-on Wednesday August 21st, after the morning practice and breakfast we will organize an optional day trip by boat to La Maddalena Archipelago and than dinner out, which will be paid individually by the participants. There will not be an afternoon yoga practice, nor dinner at the center.

-on Wednesday and the Saturday of departure the center serves breakfast instead of brunch.

ACCOMMODATION :

The Balaiana Eco Retreat center is the ideal host for our retreat for relaxation and renewing your spirit. Immersed in natural surroundings on a 40 hectare estate with its own lake, it is built in the typical Stazzu style of Gallura using local wood and granite. The cozy interiors and guest rooms are tastefully furnished. Relax in the private pool or indulge in a massage or bodywork at their spa center. Catering to your physical wellbeing, Balaiana serves conscious vegetarian cuisine - locally sourced, seasonal ingredients and mostly organic meals. The center is only 10 minutes from the village of Luogosanto and 20 minutes from beautiful beaches with Sardinia's famous emerald blue seas. We invite you to visit their website for more information www.yoga-sardinia.com

20 participants can be accommodated in single, double or triple rooms. All rooms have ensuite private shower/toilette.



PRICE (PER PERSON) : 8 days / 7 nights

Double room single occupancy - 1800euro (limited number)

Double room double occupancy - 1500euro

Triple room - 1300euro

included in above price is the following :

- 7 nights accommodation
- tuition for all yoga courses
- 2 vegetarian meals per day (breakfast or brunch and dinner)
(on Wednesday the excursion day , the center does not serve dinner)
(on Wednesday and Saturday of departure the center serves breakfast instead of brunch)
- coffee, tea and water with the morning breakfast / brunch
- water and tea with dinner
- fully equipped yoga facility with mats, blankets, blocks and straps for indoor use, students are requested to bring their own yoga mats for outdoor use.

NOT included in price :

- travel cost/flights to Sardinia
- rental car or transfer to/from the airport to retreat center
- additional beverages not mentioned above
- excursions and optional activities

CHECK IN / CHECK OUT :

Participants should aim to check in at the retreat center on Saturday August 17th, from 3pm onwards as rooms are not available until that time. Please make travel arrangements accordingly. If you have an early flight arrival we suggest to stop for breakfast or lunch, or explore the island on the way to the retreat center. On Saturday August 24th , check out and departure is 10am latest.

HOW TO GET TO BALAIANA ECO RETREAT :

Balaiana Eco Retreat, close to the village of Luogosanto, is a 45 minute ride from Olbia airport. Easy Jet and Swiss have direct flights from Geneva to Olbia. We recommend a rental car for all of your transport needs (see below) or a taxi transfer can be arranged from Olbia airport , approximately 70euro for 1-3 persons or 90euro for a minivan 4-8 persons.

RENTAL CAR :

A rental car is highly recommended to get to the retreat center and explore the sites, the many beautiful beaches and quaint villages of Sardinia. If booked early, a rental car for 4 persons can cost approximately 250euro/week, or 65euro/per person/week. We can help to coordinate shared car rentals with other retreat participants.

OPTIONAL ACTIVITIES AVAILABLE AT ADDITIONAL COST :

- Balaiana Eco Retreat offers massage and bodywork treatments
- excursions - boat trip to Maddalena Archipelago, canoe tours, horse riding,
- wine tasting and cooking classes

BOOKING & PAYMENT :

A non-refundable deposit of 300euro/person is required to secure your place at time of booking. The balance of payment is due by May 17, 2019.

FOR RESERVATIONS OR QUESTIONS CONTACT :

SUSAN susanbiboso@gmail.com OR HEIDI +41 79 648 2955



