

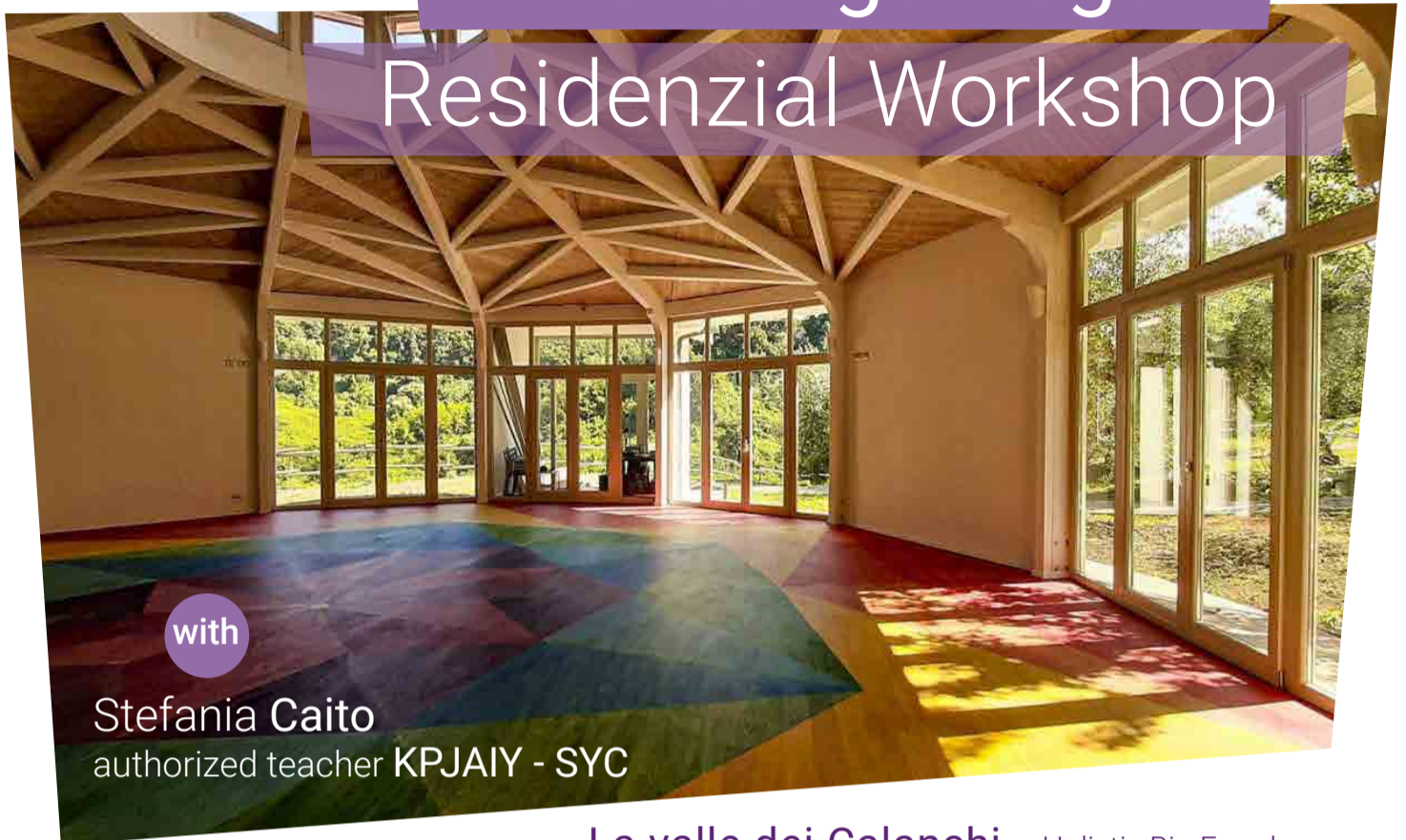


Ashtanga Shala Roma

22 / 23 / 24 / 25 April 2022

Ashtanga Yoga

Residenzial Workshop



with

Stefania Caito

authorized teacher KPJAIY - SYC

La valle dei Calanchi - Holistic Bio Farmhouse
(Castiglione in Teverino - VT)

Schedule

Friday 22 Arrival, Check in by 7.00 pm for accomodation and Welcome Dinner

Saturday 23

ore 8.00 Mysore Style Practice *
ore 9.30 Led Practice for Beginners *
ore 10.30 / 11.00 Brunch
16.00: In depth study *
ore 19.00 Dinner

Sunday 24

ore 8.00 Mysore Style Practice *
ore 9.30 Led Practice for Beginners *
ore 10.30 / 11.00 Brunch
16.00: In depth study *
ore 19.00 Dinner

Monday 25

ore 8.00 Mysore Style Practice *
ore 9.30 Led Practice for Beginners *
ore 10.30 / 11.00 Brunch
Departure. Check out after brunch

* The start and end times of the practice may depends on the number of practitioners

info farmhouse: www.valledeicalanchi.com



Meals are organic vegan / vegetarian, km 0, homeodynamic.

All accommodations have private bathroom and outdoor area. Included use of the kitchen and Wi-fi.

Limited Spots

Info Costs & Reservation: +39 347 108 48 18 (Stefania) - stefaniacaito@gmail.com

<http://www.ashtangashalaroma.com/>