

Mandala Travel Art

ORGANIZES

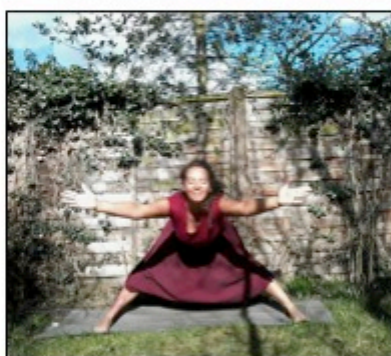
Natural Yoga Flow

DAL 10 AL 14 APRILE

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5 GIORNI DI RITIRO YOGA
Alla scoperta di sé stessi tra i Pirenei
VAL D'ARAN

Corsi di
Raja Dhiraja Yoga
con
MAYATIITA DEVI



PROGRAMMA

7:00 Risveglio
7:30 Meditazione
8:00 Yoga Lesson - Asana class
9:45 Colazione
10:00 Lezione teorica - (Filosofia dello Yoga)
11:30 Workshop / Escursioni
Lezioni immerse nella natura
e tour per esplorare la location
13:30 Pranzo - Tempo libero
16:30 Yoga Lesson - Asana class
18:00 Satsang / Meditazione
19:30 Cena
21:00 Evento notturno o serata libera

SOGGIORNO
presso
**Verneda
Camping
Mountain Resort**



Holiday in the Pyrenees between yoga and holistic therapies

The right opportunity to switch off and maybe begin a trip different from the usual, dedicating yourself to a conscious practice of **Raja Dhiraja Yoga** and visiting enchanting places.

Mandala Travel Art in collaboration with the teacher **Mayatiita Devi**, offer you a holiday in the Arán Valley, on the border between Spain and France, through mountains, lakes, rivers and waterfalls.

Verneda Camping Mountain Resort

Accommodation in the precious bungalows of the Verdena Resort, along the Garonne river, just to make this journey even more characteristic and in full contact with nature.

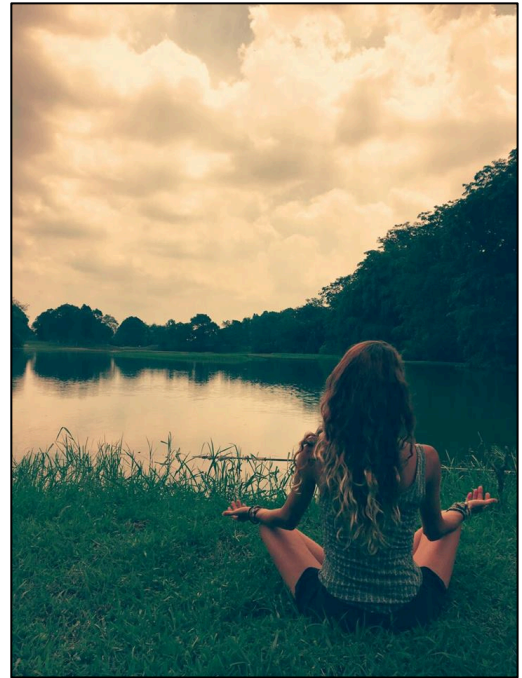
Possibility to share
the accomodation with the
other participants of the event



Otherwise you can book
your personal accomodation

STUDY PROGRAM

- Ashtanga yoga – The 8 limbs of Yoga
- Chakras : Energy Sistem
- The science of Breathing
- Yogic Nutricion
- The nature of Human Being
- Emotional Intelligence
- Meditation
- Karma Yoga
- Massage with Energy Alignment
- Planetary Awareness
- Mandala workshop

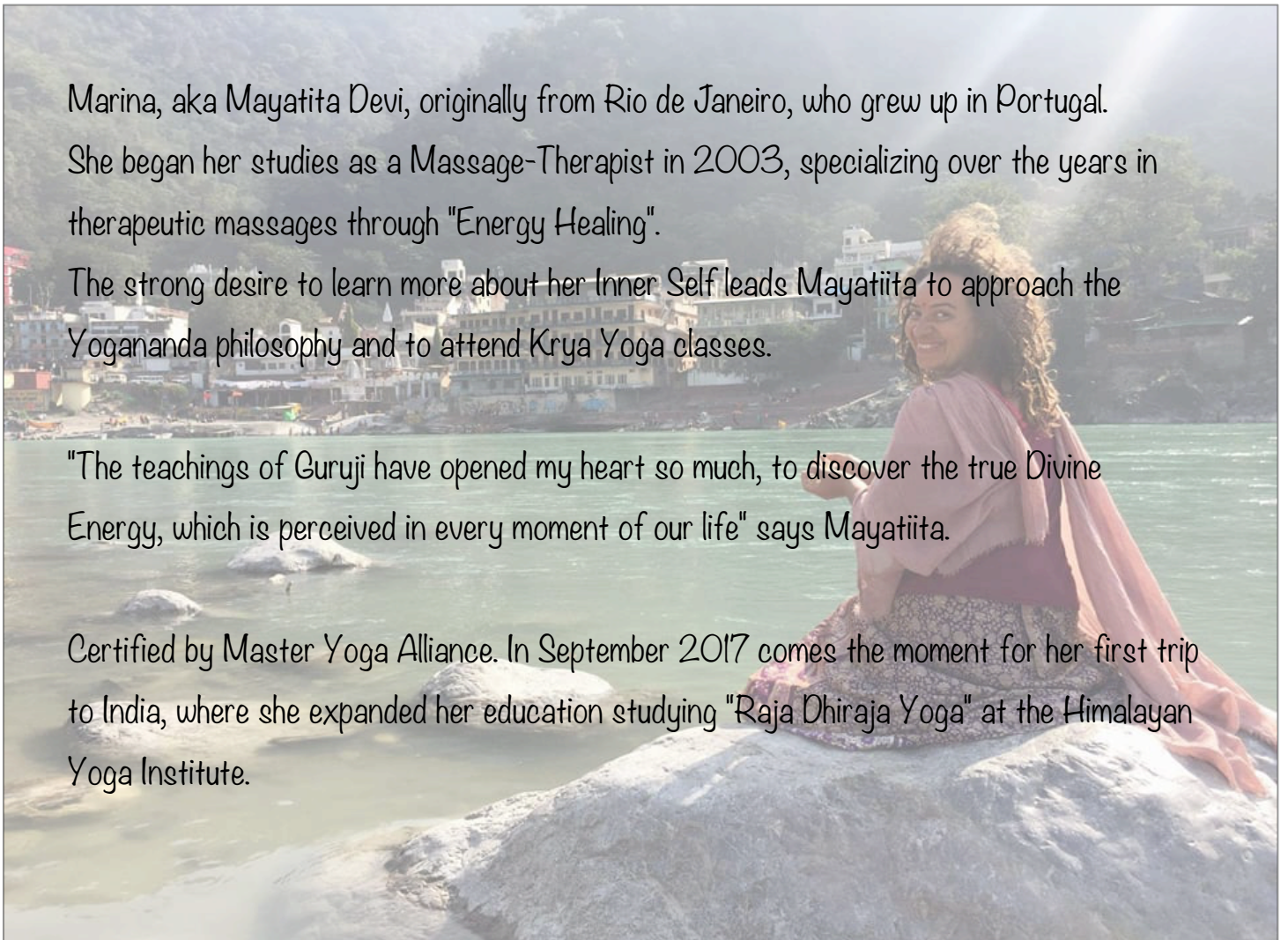


Marina, aka Mayatiita Devi, originally from Rio de Janeiro, who grew up in Portugal. She began her studies as a Massage-Therapist in 2003, specializing over the years in therapeutic massages through "Energy Healing".

The strong desire to learn more about her Inner Self leads Mayatiita to approach the Yogananda philosophy and to attend Krya Yoga classes.

"The teachings of Guruji have opened my heart so much, to discover the true Divine Energy, which is perceived in every moment of our life" says Mayatiita.

Certified by Master Yoga Alliance. In September 2017 comes the moment for her first trip to India, where she expanded her education studying "Raja Dhiraja Yoga" at the Himalayan Yoga Institute.



Following this deep journey of rediscovery, Mayatiita is ready to follow the flow inspiring and letting herself be inspired by all those who will cross her path.

Through meditation and yoga we can discover the true meaning of Acceptance, Beauty and Union with the entire Universe.

"Ahhh! Maravilhosa é esta sensação when decides to live in Verdade and ser livre!"

" BABA NAM KEVALAM ♥ "Love is all there is!"



RETREAT PROGRAM

TUESDAY, 10 APRIL

Arrival day.

We will wait for you at the reception of Verneda Camping Mountain Resort to welcome you and accompany you to the bungalows. Deserved post-travel relaxation to continue with the first meeting

Natural Yoga Flow at 7.00 pm

Evening meditation

WEDNESDAY, 11 APRIL

Morning Yoga session and start with the first excursion.

La Artiga de Lin, a circuit of about an hour in which we will walk along the Río Joèu, lunch in Rifugio, Pomèro Waterfalls and **afternoon lessons** on the river bank.

THURSDAY, 12 APRIL

Morning Yoga session and today we start again to discover the most ancient villages of the Valley.

An organized tour between Betrén, Salardú, Artiés and Bagergue. Gastronomic routes, art and traditions for a full-immersion in the Aranese reality. We will end the day with Encounter **Yoga Sunset**, afternoon lesson on the hills of Vilamós.

FRIDAY, 13 APRIL

Morning Yoga session and day dedicated to the deep **Self-massage** discovery and **Energy Alignment**. Afternoon free with the possibility to book extra outings on request (Aran Park, Spa relax, private itineraries or trekking) .

Afternoon lesson

Special Night Meditation

SATURDAY, 14 APRIL

Special program for the last day of Natural Yoga Flow Holiday!

Reduced morning lesson.

9.00 am departure for Estany De Ratera circuit.

The 7 Colomers Lakes.

Special event SATURDAY YOGA **Mandala Beyond Yoga** at the second stage, the Lago Lòssa.

We will conclude our yoga holiday with **ACQUATHERAPY by NIGHT**

SUNDAY, 15 APRIL

Optional morning Yoga session

Greetings Day, Hugs and Departures

Info and Price

Individual participation fee: 525 euros

Single supplement fee: 120 euros

Booking Deposit: 200 euros

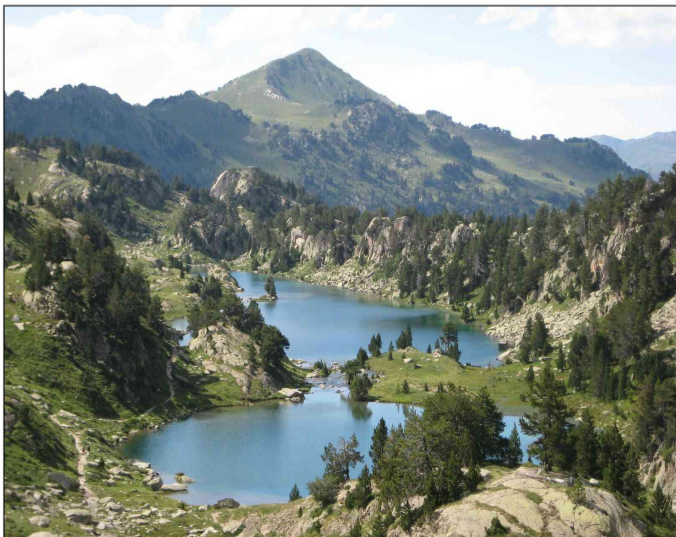
The fee includes:

- 5-night stay at Verneda Camping Mountain Resort with breakfast included.
(Dinner in Resort 7 euros)
- Daily sessions of Yoga and meditation held by our experienced Marina, with rich theoretical insights and Workshop Massage.
- Guided hikes and thematic events, in which I will personally accompany you and assistance for all the retreat duration.
- Transports on site during the whole stay

ATTENTION PLEASE!

- Each participant must be provided with his own material for the lessons
(mattress, towel, clothing and TREKKING SHOES)
- Advise in case of allergies or food intolerances
- The fee does Not include how to reach the location.

Below you will find the nearest places and the various means of transport.





**EN COTXE | EN AUTOMÓVIL
EN VOITURE | BY CAR**

Desde Barcelona (310 km)
Desde Girona (360 km)
Desde Madrid (582 km)
Desde San Sebastián (308 km)
Desde Valencia (480 km)
Desde Bordeaux (403 km)
Desde Toulouse (165 km)

**TREN | FERROCARRIL
EN TRAIN | BY TRAIN**

Lleida-Pirineus (AVE) (161 km)
La Pobla de Segur (80 km)
Montréjeau (60 km)
www.renfe.es
www.sncf.com

Estaciones más próximas:
En España: Lleida
La Pobla de Segur
En Francia: Montréjeau

EN BUS | EN AUTOBUS

EN AUTOBUS | BY BUS

Linea Lleida - Val d'Aran
Linea Barcelona - Val d'Aran
www.alsa.es

EN AVIÓ | EN AVIÓN

EN AVION | BY PLANE

Aeropuertos más próximos:
Zaragoza (260 km)
Barcelona (310 km)
Toulouse - Blagnac (165 km)
Pau (157 km)

www.aena.es
www.aeroport.fr
www.toulouse.aeroport.fr
www.aeropuerto-bordeos.com
www.pau.aeroport.fr

Mandala Travel Art

is available for any information, doubt or request.

Need advice about how to get here? Do not hesitate to contact us!

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"Mandala_Travel_Art. Travel with Art and save the Tourism."