



— YOGA IMMERSION Yin Phase September 22 - 29 Pau, France —

# Ferme de Candeloupe Seasonal Yoga Retreat

*7 day Seasonal Yoga Immersion Retreat (Yin Phase) of 50 hours with Tina Hedrén and Sue Woodd*

**Ferme de Candeloupe, Monein, France, Saturday 22nd September 2018 for seven nights.**

**Forming half of a 100 hours YACEP yoga alliance training for 200/300 hour teachers to learn how to teach seasonally.**

Also a stand alone retreat for people who want to learn more and deepen their personal practice. The training is split into 6 parts, which meet all five of Yoga Alliance's Educational Categories.

Overall concept of seasonal yoga and the study of the 6 seasonal changes affecting our organs, diet, energy, emotional and mental states.

### **Techniques, training and practice**

Includes yoga-based practices appropriate for each season, the element asanas, energy based movement, seasonal eating, breathing techniques, mudras.

### **Anatomy and physiology (western and energetic)**

Muscles, organs, chakras, nadis, pressure points, specific movement patterns and asanas.

### **Yoga Philosophy, Lifestyle and Ethics**

How to design seasonal yoga nidra, meditations and mindfulness sessions and teach health and wellbeing from a seasonal perspective.

**How to plan and perform a seasonal yoga class/ practice.**

### **Age-appropriate teaching skills**

The Body Clock flow enhancing the flow of energy during the circadian cycle.

### **Prices - 7 days**

875 Euros sharing

975 Euros for single occupancy, limited rooms available

*A non-refundable deposit of 100 Euros is required to secure a place.*

The price includes a full board accommodation, 48 hours of teaching and YACEP Certificate. Also included are linen, all yoga equipment and towels for the pool.

Excluded are flights/transport to Pau or Biarritz.

**For further information please contact Tina Hedrén;**

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