

CONTACT@AMINAYOGA.COM



“Experience a vibrant body
and empowered mind”

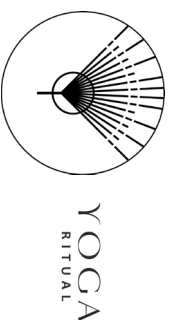
Life Force Retreat 5 - 7 . 11 . 2021

HEALING MEDITATION CENTER,
ALBAGNANO (MAGGIORE LAKE, ITALY)

AMINAYOGA.COM

A COLLAB.

LIFE FORCE RETREAT.



A RETREAT LOCATED IN THE HEALING MEDITATION CENTER IN ALBAGNANO, A PRECIOUS AND MAGICAL PLACE LIVED BY LAMA AND MONKS FROM THE TIBETAN BUDDISM LINEAGE IN THE NORTH OF ITALY, SURROUNDED BY FLOURISHING NATURE AND BEAUTIFUL LANDSCAPES WITH THE VIEW OF THE MAGGIORE LAKE.

WE DESIGNED A DEEP PRACTICE THAT ALIGNS YOUR BODY WITH NATURE TO EXPERIENCE LIFE FORCE. THIS INCLUDES ASANAS PRACTICES COORDINATED WITH BREATH, BREATHWORK, WORKSHOPS, AND PSYCHIC SLEEP.

4 ASANAS PRACTICES.

BODY EXERCICES COORDINATED WITH A SPECIFIC BREATH. AS CERTIFIED AND EXPERIENCED TEACHERS, WE WILL BASED OUR CLASSES WITH TRADITIONAL ANTARASHOD YOGA METHOD.

2 BREATHWORKS & 2 MEDITATION.

IN THE YOGIC TRADITION, BREATHWORK IS INCLUDED IN THE YOGA PRANAYAMA PRACTICE WITH BANDHAS AND RETENTION. IT IS MEANT TO ENHANCE THE LIFE FORCE AND TO EXPERIENCE A VIBRANT BODY.

3 WORKSHOPS.

3 DIFFERENT WORKSHOPS OF 2 HOURS EACH
FOCUSING ON THE BODY AND THE MIND.

FOCUS.

Physical Strength

Vitality

Mind awareness

PROGRAM.

RATES.

DAY 1, FRIDAY 5 OF NOVEMBER 2021

2 DAYS.

03.00 PM WELCOME
03.30 PM ANTRASHOD YOGA
05.00 PM WORKSHOP
07.30 PM DINNER
09.00 PM MEDITATION

DOUBLE ROOM CHF 275.- CHF 305.-
SINGLE ROOM CHF 295.- CHF 325.-
DORMITORY CHF 255.- CHF 285.-

DAY 2, SUNDAY 6 OF NOVEMBER 2021

07.00 AM PRANAYAMA AND MEDITATION
09.00 AM BREAKFAST

INCLUDES. 1 NIGHT, 2 LUNCHESES,
1 DINNER, 2 DAYS PRACTICES

10.30 AM ANTRASHOD YOGA
01.00 PM LUNCH
03.00 PM YOGA NIDRA
04.00 PM WORKSHOP
07.30 PM DINNER
09.00 PM MEDITATION

3 DAYS.

DAY 3, SUNDAY 7 OF NOVEMBER 2021

07.00 AM PRANAYAMA AND MEDITATION
09.00 AM BREAKFAST
10.30 AM ANTRASHOD YOGA
01.00 PM LUNCH
03.00 PM WORKSHOP
05.00 PM CLOSING AND PUJA

DOUBLE ROOM CHF 380.- CHF 410.-
SINGLE ROOM CHF 425.- CHF 455.-
DORMITORY CHF 340.- CHF 370.-
INCLUDES. 2 NIGHTS, 2 LUNCHESES,
2 DINNERS, 3 DAYS PRACTICES

ENGLISH WITH SUPPORT IN FRENCH
AND ITALIAN

EARLYBIRD UNTIL THE 31ST OF OCTOBER

"ONLY EXPERIENCE BUILT OUR SELF. 8 MONTHS LOCKDOWN TOGETHER IN RISHKEISH GAVE US AN AMAZING OPPORTUNITY TO GROW AND DEEP OUR PRACTICES. THIS RETREAT IS THE FRUIT OF OUR ENDLESS EFFORT AND DISCIPLINE DEVOTED DURING THIS PERIOD. THROUGH OUR FRIENDSHIP AND UNIQUE LEARNINGS, WE ARE EXCITED TO SHARE THESE KNOWLEDGE WITH JOY."

AMINA LUG.

BORN IN SWITZERLAND, AMINA LEANED TOWARDS THE PATH OF SPIRITUALITY WHILE SHE BECAME A DEDICATED ASHTANGA PRACTITIONER AND TEACHER OF THIS METHOD. SHE ACTIVELY ENGAGES HER LIFE INTO PERSONAL GROWTH WORK AND TEACHING. WITH HER INSPIRATIONAL AND METHODIC APPROACH FOCUSED ON TRADITIONAL PRACTICES, SHE HELPS HER STUDENTS TO GROW AND DEEPEN THEIR UNDERSTANDING OF YOGA AND LIFE.

LAVINIA GOMETTI.

SHE IS A TEACHER OF DHARMA YOGA, ANTRASHODH SIDDHA YOGA, RAJA YOGA AND AUTHOR OF "THE WONDERS OF YOGA", BASED IN ITALY. SHE WORKS THROUGH YOGIC PRACTICE TO ACTIVATE THE PHYSICAL AND PSYCHIC PERCEPTION OF INDIVIDUALS, PROMOTING THEIR LIFESTYLE AND DEVELOPING A METHOD AIMED AT DISCOVERING ONE'S TALENTS THROUGH AN ARCHETYPAL APPROACH.



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