



Vinyasa Flow Weekend

June 14-16, 2019

with

Antonée Lua

Dancing Yogini Yoga et Danse

Certified Yoga Teacher

<http://en.dancingyogini.net/>

07.53.91.64.35



Take a special moment for yourself, leaving behind spring and welcoming the lazy days of summer with an easy mind and open heart.

Enjoy a break on this beautiful and relaxing domain, combining the benefits of Vinyasa Yoga with the calm of nature in the Perche at only 1h30 from Paris. Located on an area of 120-hectares, Le Moulin des Bouillons (16th century) offers a haven of peace and harmony, warm, delicious vegetarian meals, charm and comfort .

During this weekend, we will practice the basics of Vinyasa Yoga, from standing poses to inversions, pranayama, and meditation in order to enable beginners to acquire the foundation and the technique necessary for the healthy long-term practice of Vinyasa Yoga and for more experienced practitioners to deepen their knowledge and practice. All in a friendly atmosphere, full of positive vibes and friendship.

A perfect weekend for a first time yoga retreat!

This workshop is suitable for practitioners of all levels in good general physical condition.

Retreat Program (subject to change)

Friday

Arrivals starting at 16h00
Afternoon free
18h00 - 19:30 : Yoga Class
20h00 : Dinner

Saturday

08h00 : Pranayama et Meditation
08h30 : Infusions
09h00 – 11h30 : Yoga Class
12h00 : Lunch
Afternoon free
17h30- 19h00 : Yoga Class
19h30 : Dinner

Sunday

08h00 : Pranayama et Meditation
08h30 : Infusions
09h00 – 12h30 : Yoga Class
13h00: Lunch
Afternoon free
Depart by 17h00

Registrations

The registrations are taken in order of arrival.

Yoga Classes : 160€

Room and Board : starting from 60€ per night depending on room selected

Total Price : starting from 280€

Yoga Classes

Send reservation fee of 80,00€ via Paypal or wire transfer (fees at your expenses) to Antonée Darby. Details provided upon request.

In case of cancellation after May 14, 2019, this fee will not be reimbursed.

The second payment of 80,00€ is due in cash upon arrival at the retreat.

Food and Accommodations

The contact for food and lodging is Antoine DELACOUX at the Moulin des Bouillons.

The balance for your food and accommodations is due in cash upon arrival.

The rooms and grounds are very comfortable. You can have a virtual visit here :

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

If you have any questions regarding accommodations or dietary restrictions, please contact Antoine :

02 37 49 89 78 or antoux@gmail.com

Do not hesitate to contact me to ask any questions you may have prior to registrations so that we can better guarantee good organisation and comfort for all participants : 07.53.91.64.35

Plan on bringing a bathing suit and beach towel for the pond, blanket for relaxation and meditation, your yoga mat (optional), bricks, and belts, and warm clothing for the evening.

**We will try to organise a rideshare for those coming from the Paris region.
Contact me if you are interested.**

Dancing Yogini Yoga et Danse Vinyasa Yoga Retreat 2019

Send to :
Antonée DARBY
73, rue de Charenton
94140 Alfortville
FRANCE

M 07.53.91.64.35

contact@dancingyogini.net
www.dancingyogini.net

Name

Mobile #

Email

Address.....

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Do you have any physical conditions that I should be aware of? Any particular demands?

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I am registering for the Vinyasa Flow Yoga Retreat from June 14-16, 2019

I am sending my reservation fee to Antonée DARBY via Paypal or wire transfer (additional fees at my expense)

- 80,00 € reservation fee. If cancellation after May 14, 2019 this amount will not be reimbursed.
- 80,00 € due in cash upon arrival at retreat.

You will receive a confirmation upon reception of your reservation.

The balance for my stay will be due in cash upon arrival at the retreat.

I have noted that arrivals begin at 16h00, June 14, 2019.

DATE :

SIGNATURE :