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Ashtanga Yoga Retreat in Greece in Lentas / Crete September 2022 with Manuela

DETAILS

WHEN: 4th of September - 11th of September 2022

WERE: Hotel Levinthos / CRETE, www.levinthos.gr

WHAT: Ashtanga Yoga Retreat with Manuela Jordan-Sima

WHO: Manuela Jordan-Sima RYT 500h Yoga Alliance / Ashtanga Yoga & Cranio Sacrale Therapie
<https://www.mavieyoga.at>

DETAILS & INFORMATION: EMAIL Manuela@mavieyoga.at

ACCOMODATION / MEALS - SERVICE PACKAGE

7 Nights (Sunday - Sunday) at the Retreat Hotel Levinthos / Crete, Studios (max. 2 people) ,
Appartments (max. 3 people)

Studio / single use: 750 Euro / Person

Studio / double use: 480 Euro / Person





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Appartments / double use: 580 Euro / Person

Appartments / 3 People: 470 Euro / Person

Accommodation in Filoxenia Lentas <https://filoxenialentas.gr>

(2 minutes walking distance from the Retreat Center)

Studios / single use: 500 Euro / Person

Studios / double use: 350 Euro / Person

Appartments / single use : 600 Euro /Person

Appartments / double use: 380 Euro / Person

There is also an opportunity to book a room in Lentas by yourself.

Breakfast

After morning Yoga practice: Breakfast as a buffet

Dinner

Dinner will be served.

Yoga for the whole week (morning practice and all afternoon sessions)

450,00 Euro

for 1 Person for all sessions

Yoga for the whole week (2 Led classes & 4 Mysore morning classes or 6 Mysore morning classes)

200 Euro

for 1 Person





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Morning practice from 7am - 9:30am

Afternoon classes from 4:30 pm - 6:30pm

Yoga Afternoon Classes / everything about Yoga

In the afternoon classes we want to explore different items:

Monday: YOGA THERAPY - Hip, chest, shoulder opener and the role of the Breath while doing Asanas

Tuesday: Get ready to Mysore Style - how to get in, how to practice for your own. Which Asanas are the most important one when I have just a little time to practice.

Wednesday: Group trip or hanging out in the village or beach

Thursday: Backbends, all about Bandhas and how to engage.

Friday: Yoga & Cranial Sacrale aspects are working together. The way it happens and how to recognize and realize your own energy





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blocks and the way to resolve. Chakren System and self empowerment.

Saturday: Pranayama, Ethical aspects of Yoga, the moral in Yoga and how Yoga changed over the time.

For any further information please send an email to Manuela
Manuela@MAVIEYOGA.AT



ASHTANGA YOGA
CRANIOSACRALE OSTEOPATHIE
MAG. MANUELA JORDAN-SIMA
TEL: +43 676 56 660 28
VIENNA/AUSTRIA