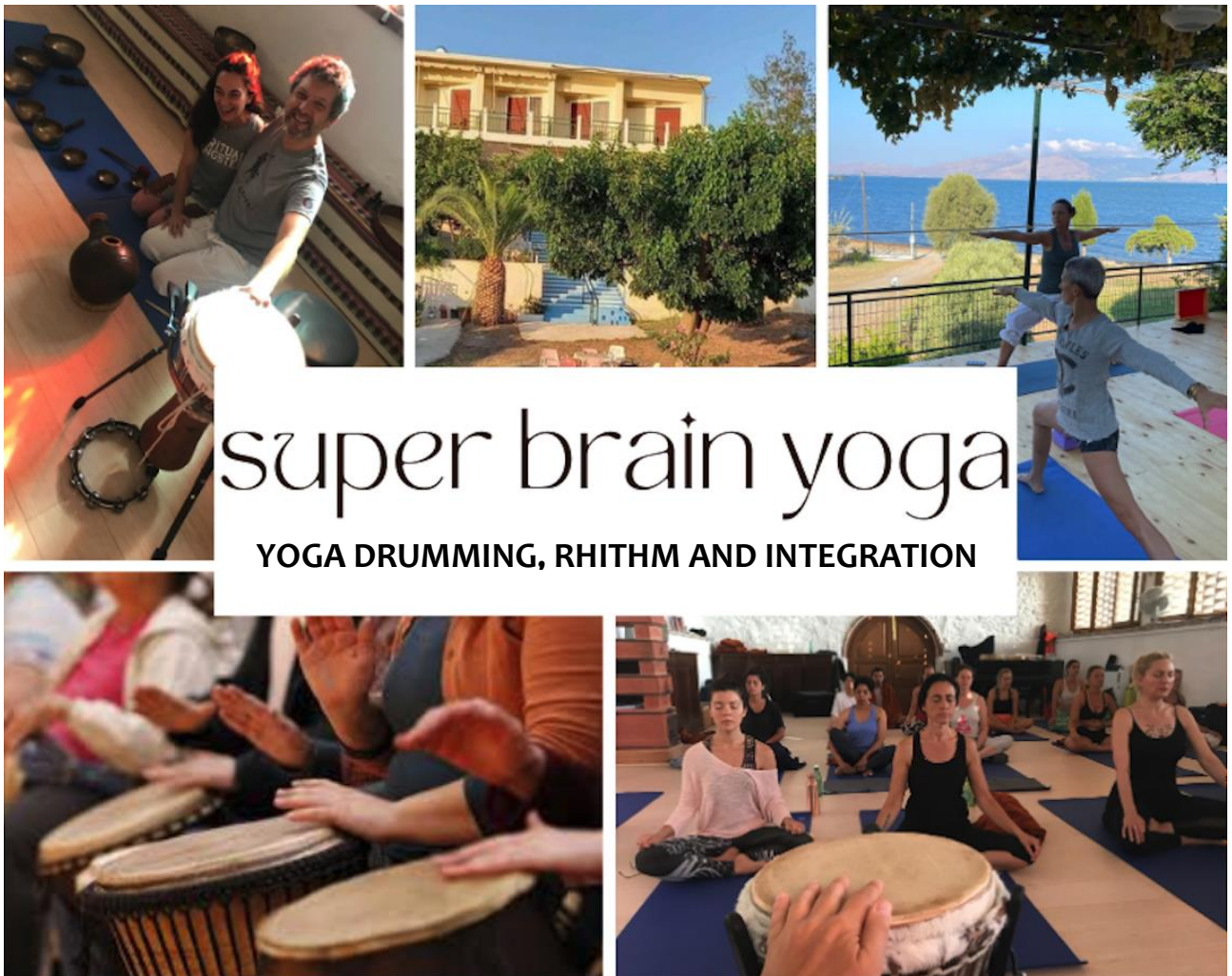


A NEW AMAZING RESIDENTIAL RETREAT



20 - 27 of April 2024 - Lesvo, Greece

Super Brain Yoga

fully residential retreat in authentic paradise

The purpose of this residential retreat is to rediscover play, pleasure, and learning, in a community of people, who likewise seek to bring more tranquility, grounding and a sense of coherence into their lives.

Super Brain Yoga combines breathing, movement, and rhythm to restore the balance between the left and right hemispheres of the brain. clinically, it has been

discovered that there is a direct relationship between specific learning difficulties and lack of hemispheric integration.

One of the main aspects of the work we are proposing is represented by body percussion and the use of the drums and other percussion instruments to generate rhythm and integration.

Merging yoga and drumming creates a powerful way to unite body, mind, and spirit, it represents a new way for improving all aspects of our yoga practice, deepening our self-investigation. drumming and yoga form a natural partnership. the vibrating resonance of the drum seems to pull students and practitioner deeper into the practice. the drummer moves energy into space while the yogini moves energy through the body. the tempo of the drumming can influence the intensity of the movement.

MEDITERRANEAN RETREATS CENTRE



The building, which today has been completely converted into a centre for yoga and the study of energy and healing practices, was originally a traditional greek tavern and small hotel. the building, which overlooks the gulf of kalloni (the sea is just a few metres from the house), is completely secluded and immersed in a natural setting of exceptional beauty. this area is a paradise for all birdwatchers who come to the island, especially in the spring months, from all over the world to admire pink flamingos, black and white storks, peregrine falcons and many other migratory birds of rare beauty. the gulf is an important breeding area for

many fish species that make this stretch of sea teeming with life. its location, the natural context in which it is found, the peace, the silence and the strength of the elements, make this an ideal place to totally immerse oneself in the study and practice of the various disciplines, leaving behind all the physical and emotional burdens that normally crowd our lives.

Types of accommodation, the centre provides five rooms with bathrooms, and another five rooms with bathrooms are available 800 metres away. we offer accommodation in double rooms with single beds and in single rooms (for an additional charge).

Cost: 690 € (cost includes all lessons, all meals, accommodation in a double room, use of instruments, course handouts, passage to and from the airport, any excursions on the island). To secure your place you will be required to pay a deposit of 100€ non-refundable after 15 march 2024.

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