

From 16 to 22 September 2019

 YogaWithAditya

# YOGA HOLIDAY WITH ADITYA TO LAKE OF GARDA | DRÒ

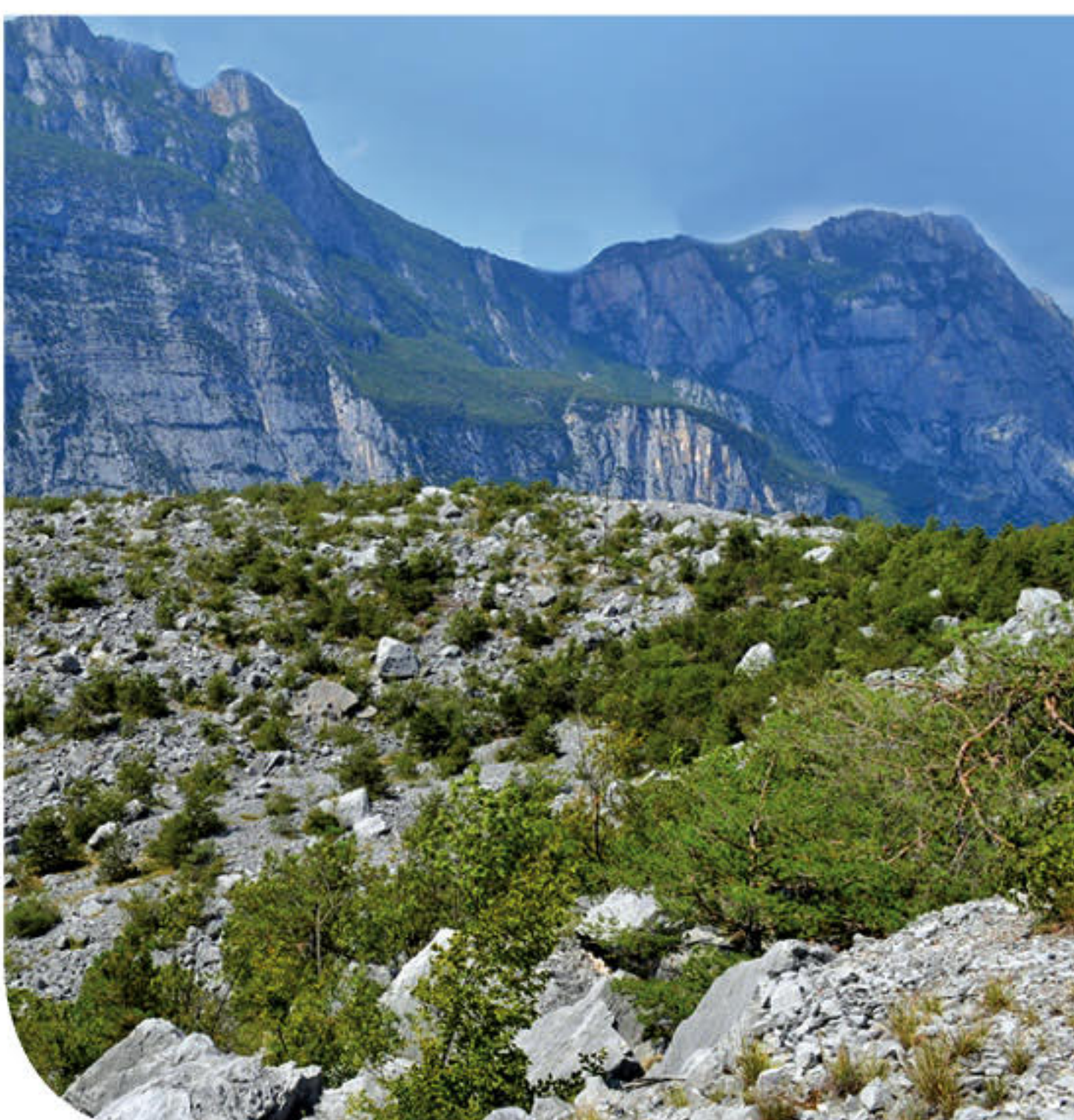
“*Health is Wealth, Peace  
of Mind is Happiness,  
Yoga shows the way*”

In collaboration with  
Sinergie in Movimento  
Via Torre 6 Drò, Trento

Hatha Yoga / Yin and Restorative Yoga / Yoga Nidra Session  
Pranayama / Meditation

We invite you in this beautiful setting of Lake Garda (Drò Trento) for a Yoga holiday with Aditya 7 days in which you can reconnect with yourself at a deeper level, forming an intimate relationship with your most natural essence. Through the practice of Asanas, Pranayama (breathing exercises) and Meditation that will help you bring peace within you. In the morning and late afternoon we will dedicate ourselves to the practice of Yoga, the rest of the day you are free to explore the surroundings. We want this meeting to become an unforgettable moment, an experience that will resonate in your heart in the coming period. Optional activities are mentioned in detail in the calendar. For those who wish, there is the possibility to book vegan lunch and dinner at B&B Untempopernoi (Vegan Raw Gluten free)

**ADITYA, Yoga Acharya** | Couple of years ago Yoga has come into his life, his journey took a turn from there on! He decided to leave his well-paid corporate job and begin his quest for Yogic life. Aditya is deeply inspired by the words “Health is Wealth, Peace of Mind is Happiness, Yoga shows the way!” He is a yoga teacher trained at the Sivananda Yoga Ashram, India. He specialized in Hatha, Yin and Anti-Gravity Yoga, focusing on the true holistic approach to our whole system of mind, body and soul. He enjoys inspiring others to improve their state of wellness and to commit themselves to long term health and well-being. He loves to delve into yoga as a holistic way of life.





## 12 Yoga classes with Aditya: 300€

### Optional activities:

- Excursion with Luca: 20€ each for half a day (minimum 5 people)
- Massage treatments with Caterina: 50€ for operative wellness treatment
- Vegan Dinner Together: 25€

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22
	7.00 - 8.15 Yoga	7.00 - 8.15 Yoga	7.00 - 8.15 Yoga	7.00 - 8.15 Yoga	7.00 - 8.15 Yoga	7.00 - 8.15 Yoga
from 10.00 am Optional activities / free time	from 10.00 am Optional activities / free time	from 10.00 am Optional activities / free time	from 10.00 am Optional activities / free time	from 10.00 am Optional activities / free time	from 10.00 am Optional activities / free time	from 10.00 am Optional activities / free time
18.00 -19. 15 Pre- sentation meeting with the teacher	18.00-19.15 Yoga	18.00-19.15 Yoga	18.00-19.15 Yoga	18.00-19.15 Yoga	18.00-19.15 Yoga	18.00-19.15 Yoga
	20.15 Vegan Dinner Together - optional				20.15 Vegan Dinner then we dance together - optional	

**For info and registration to the workshop:**  
**ADITYA**  
 +91 986 600 3823  
 arunish@gmail.com  
 www.kingdom-ayurveda.it



**B&B Untempopernoi**  
**Vegan Raw Glutenfree**  
 Via Torre 6 Dro Tn Italy  
 Katia +39 333 364 9554  
 www.untempopernoi.it

Double room with bathroom: 42€  
 Triple room with share bathroom: 38€  
 Price per person / Breakfast included



Alternatively, we recommend (800 meters from the Centro Sinergie in Movimento)

**Agriturismo BB Vin e Amor**  
 Via dei Colli 2/A 38074 Drò  
 Tel: +39 342 53 46055  
 www.agriturvineamor.it

Double room: 35€  
 Single room: 60€  
 Price per person / Breakfast included

Accommodation reservations are made directly with the host structures

For those taking part in the initiative, please complete the questionnaire on Google drive <https://forms.gle/Y35mSr9Xx5ScLDkU7> / **TWe accept booking until 26 August 2019**

