

*** EAT, PRAY SKI 2012 ***

**Yoga and Skiing/ Boarding Retreat
Samoens, France Feb 4th - 11th, 2012.**

**7 nights of yoga, delicious vegetarian meals, skiing or snowboarding, and
rejuvenation in the French Alps**

Yoga Ishta Style is heading back to the slopes for a very special week in early February 2012, to a new location- an old farmhouse/ dojo- that promises to offer a wonderful spacious studio for our daily yoga practice and close proximity to the ski resort of Samoens and to Geneva the transfer city.

Spend one week away with us to deepen your yoga and meditation practice and use those 'fired up legs' on the slopes. If you prefer to take part in other activities in the mountains that do not involve skiing, this is possible too.

MORE PHOTOS OF THE DOJO/ YOGA SPACE, VISIT:
<https://sites.google.com/site/dojodelapiaz/ledojo>



(PHOTO: Dorm room at Farmhouse)



(PHOTO: Exterior farmhouse)

INCLUDES: 7 nights share accommodation, airport transfers from Geneva, meals, twice daily yoga, relaxation/ meditation sessions/ yoga nidra and more.

PRICE: £549 or £499 earlybird (until Nov 30th)
Accommodations are shared either in Triple room share/ Double room with single bed/ or Dorm with six beds. Single supplement: add 50% to full price. (Only one available)

THE YOGA

Raphaella Rose of Yoga Ishta Style is passionate about her work and aims to create a space (in her classes) where students can use their individual intelligence stored in muscles, emotions and memories to guide them in finding beauty and their own power. She teaches in a friendly and accessible way for students of all ages and levels. Raphaella has practiced yoga for 14 years and taught regular classes and workshops for 6 years in yoga studios in Australia, England (including The Life Centre) and Spain. Influences are drawn from ISHTA Yoga, Anusara Yoga and their teachers Alan Finger, Rachel Zinman and John Friend. Most recently she participated in a Yoga Therapy Training with John Friend in Geneva (with over 200 teachers from 23 countries) which she hopes to combine into her classes and especially private tuition to provide individual care for her students.



EAT, PRAY, SKI 2011 in La Rosiere



THE FOOD: The retreat menu is based on vegetarian and Ayurvedic cooking. Prepared with love by Selina Gullery, also a yoga teacher. The food will include lots of fresh local and organic produce and whole grains to keep us energised for the week. Selina was initiated into intuitive cooking by Swami Samarpanananda Saraswati, who taught her how to continue her yoga practice in the kitchen using the best ingredients, awareness and love.

SAMPLE MEAL: Breakfast- Muesli, yoghurt, nuts & seeds, fresh fruit salad, bread, cheeses, jams. Porridge (millet, spelt with dried fruits and Ayurvedic spices), scrambled eggs or French omelette with fresh herbs.

Dinner- Eggplant gratin (w/parmesan), roasted potatoes with rosemary, roasted tofu strips. Chickpea salad with herbs. Main meals will vary every day. Lunches will either be “make your own” from a big spread of food provided (so bring a sandwich box/ tupperware)- this way you can choose exactly what you want to eat! OR: there could be three pre-made sandwich days and three days eating at

hut on the mountain. ** (this is a guide only, and is subject to change)

A SAMPLE DAY:

7.30 am - Morning yoga and Meditation

9.00 am – Healthy breakfast buffet

9.30 am – 10.00am Transfers to the ski area

10.00am- 4.30pm- SKI TIME

6.00 pm- Free time / jacuzzi / relax / massage

7.00-8.00pm Post yoga stretch session

8 pm – 3 course healthy vegetarian meal

9.30 pm - Yoga nidra (guided lying down relaxation)/ Meditation

*** Note: some times may change slightly depending on day activity



(Photo: The DINING area)



(PICS: THE DOJO/ YOGA SPACE for the DAILY CLASS)

ALSO BUDGET FOR: Flights to Geneva, 3 lunches, one dinner out in the village of Samoens (on chefs night off), ski lift pass, and equipment rental. Price for 6 day lift pass start from €170. Single day passes also available.

OTHER OPTIONAL EXTRAS (we can help to book/ organise this): Ski lift pass, equipment rental, travel insurance, Private session with Raphaella, Massage Treatment session (in Samoens or at farmhouse/ dojo). For more info on Samoens including activity ideas and hire prices, go to <http://www.samoens.com/anglaishiver/INDEX/index/index.html>

If you are not a skier or snowboarder, there are other activities in the village and snowshoeing, or you are welcome to relax in the farmhouse in between the yoga sessions. This is your holiday after all!



WEBSITE: www.yogaishtastyle.com

For registration form request and enquiries email Raphaella at info@yogaishtastyle.com

To hold your place, complete and return registration form, return with deposit of £250.

Namaste