

***** "EAT, PRAY, SKI" 2013 *****
Yoga and Skiing/ Boarding Retreat
Samoens, France Feb 2nd- 9th 2013.

7 nights of yoga, delicious vegetarian meals, skiing or snowboarding.
A rejuvenating retreat that includes a day trip to an Italian thermal Spa

Yoga Ishta Style is heading back to the slopes for a very special week in early February 2013. We head back to the Dojo that offers a wonderful spacious studio for our daily yoga practice and is conveniently located to the ski resort of Samoens where you can ski in the Massif or Grand Massif. Just over an hour away from Geneva airport, we will meet you there and then the week begins. 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. For both snowshoeing and cross country skiing there are numerous trails. After listening to great feedback from last years' retreat-goers, there is more space in the schedule for more down time, and this year we will take care of booking all your ski hire, passes and private ski tuition if required. We want your week away to run as smoothly as possible.



PHOTO: Dojo- Yoga Studio



INCLUDES:

7 nights share accommodation,
3 x ½ day ski lift pass and 3 day equipment hire.
Airport transfers from Geneva, meals, twice daily yoga, day trip to Italy and entry to Thermal Spa. Also relaxation, meditation sessions, yoga nidra and more.

PRICE: £749

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)
* Discounts applied for non-skiers/ boarders. SEE Below.

PHOTO: View from just outside the dining area...Amazing!

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 7 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.





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. Yogi Porridge (millet, spelt with dried fruits and Ayurvedic spices), scrambled eggs or French omelette with fresh herbs. Chai tea. **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.



Pack your own lunch



Welcome apero!



Selina cooking up a storm

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



PHOTOS: The hot tub



Exterior Chalet



The dojo

ALSO BUDGET FOR: Flights to Geneva, 3 lunches, one dinner out in Italy, (on chefs night off), ski lift pass for extra days, and equipment rental if needed. Single day passes also available range from £30

OTHER OPTIONAL EXTRAS (we can help to book/ organise this): Private session with Raphaella, Massage Treatment session (in Samoens or at farmhouse/ dojo). For more info on Samoens including activity ideas, 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!

*** Discounts applied if not skiing/ no hire needed.**

OPTION A: You are skiing but you have your own equipment

Deduct £50 if no equipment needed (eg skis/boots or snowboard) **TOTAL £699**

OPTION B: You are not skiing and don't need any equipment

Deduct £110 if not skiing or no need for equipment **TOTAL £639**

WEBSITE: www.yogaishtastyle.com

To <http://www.yogaishtastyle.com/retreats-book-now>

To hold your place, complete registration form at <http://www.yogaishtastyle.com/retreats-book-now> and send deposit of £250. Details are all online. Please add if you are taking the discount option A or B on the registration form. Following holding your place more details will be sent to you.

Namaste, Raphaella



PHOTOS: Entrance to DOJO



Evening meals at shared table