

# RENEW YOUR ENERGY with Tools for Inner Peace



## YOGA WORKSHOP AND DAY IN NATURE - 24th July (7.30am-6pm)

*Domaine de Chouchene in Qab Elias  
with Minna Mantramala & Zena Takieddine*



TO REGISTER, CLICK [HERE](#)  
Deadline for registration: 20 July

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## What to expect

- Connect to nature
- Treat each other with kindness
- Freedom from phones, no selfies, no wi-fi
- Stretch & release tension from the body
- Improved breathing & calm mind
- Discover inner resources
- Chant to open the heart
- Healthy vegetarian breakfast & lunch
- Walk to a waterfall & other beautiful trails

## What to bring

- Yoga mat
- Sitting cushions for outdoors
- Water bottle
- Sun hat
- Mosquito spray if you are prone to bites
- Comfortable shoes for walking
- Comfortable clothes for physical practice
- Pen/pencil and paper/notebook

**Fee: 150,000 L.L.**

*Includes breakfast, lunch and teachings.*

*Full scholarship is offered for anyone facing financial hardship or working as a volunteer.*

**No previous yoga experience needed**

**Please respect safety measures**

*Fever will be checked prior to morning yoga class.*

*If any indication of fever, participation will be declined.*

**To register for this 24th July yoga day, kindly fill out this form:**

<https://www.surveymonkey.com/r/5VXBFXV>

Deadline for registration, July 20th