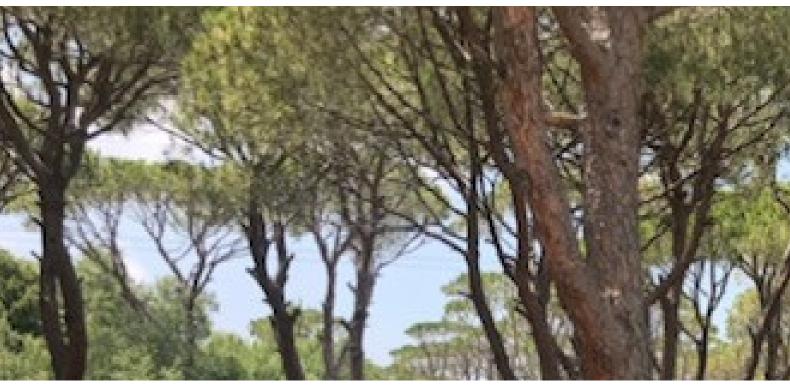
RENEW YOUR ENERGY WITH TOOLS FOR INNER PEACE



YOGA WEEKEND WORKSHOP

Centre Mariapoli near Beit Chabeb with Minna Mantramala & Zena Takieddine

> JULY 9TH - 11TH, 2021 TO REGISTER, CLICK HERE

DEADLINE FOR REGISTRATION, JULY 5TH



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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

Ground to earth

Learn about the nervous system and trauma release

Chant to open the heart

Eat healthy vegetarian meals

Walk & explore the neighbouring towns & landscapes

Enjoy peace & quiet

What to bring

Yoga mat

Sitting cushions for outdoors

Mosquito spray if you are prone to bites

Comfortable shoes for walking

Comfortable clothes for physical practice

Pen/pencil and paper/notebook

Pajamas & slippers

Toiletries: soap, shampoo, towel, toothbrush, toothpaste

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Dates: July 9th - 11th, 2021

Fee: 300,000 L.L.

Includes bus transportation, 2 nights' stay, 5 healthy meals, tea breaks, and teachings.

Full scholarship is offered for anyone facing financial hardship.

No previous experience needed. Pls respect safety measures.

Rooms can be single or double, respecting social distancing.

Masks are required on bus rides and indoor spaces.

Fever will be checked prior to bus departure.

If any indication of fever, participation will be declined.

Departure is Friday at 5pm, Return Sunday at 5pm

Meeting point to be announced

To Register: kindly fill out this form

https://www.surveymonkey.com/r/FXPPKPJ

Deadline for registration, July 5th