

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