

Ashram Experience

Live like a YOGI

Valencia ES

Between 5 and 12 of August 2024

Choose between 3 and 8 days.

6:00 kriya yoga

6:30 Mantra

6:40 Silence Méditation

6:50 Svasana

7:00 netipot/ Pranayama

7:15 Asanas

8:00 breakfast

9:00 Kung-Fu Stations (Optional)

10:00 Karma Yoga

11:00 Free time

17:00 Filosofia/Lecture/Discussion

17:45 Yoga

19:00 Diner

21:00 Bonfire/Chanting/Meditation

Location : LYRDRYAN , Pego, Valencia, Espana.

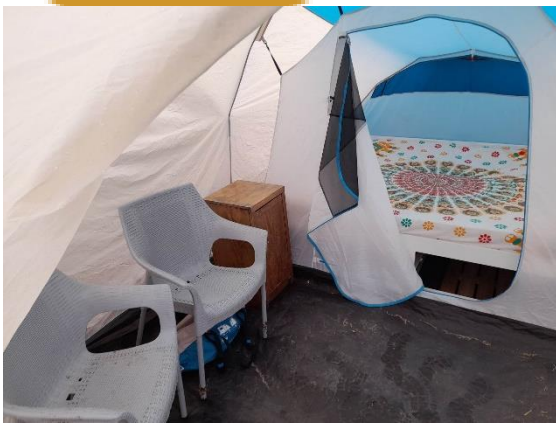


At the national Parc la Marjal de Pego-Oliva ©

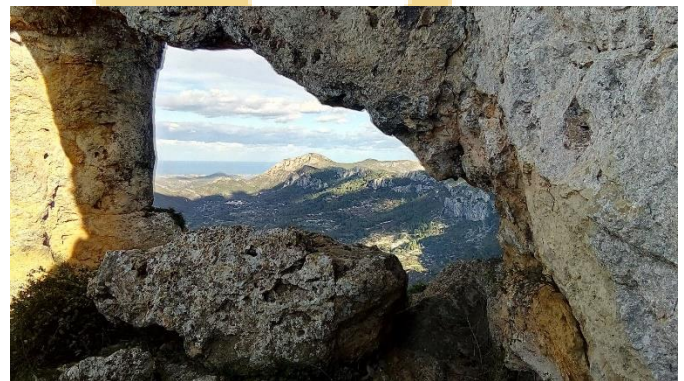
<http://www.parquesnaturales.qva.es/va/web/pn-marjal-de-pego-oliva>



**Our Eco-Lodge is very basic.
Toilets and (cold) showers present.
You have your own or shared tent.**



Yogahall protected from sun, rain and wind.



**Classes are given in English
(Personal comments can be made in Dutch, Spanish, German or French)
Activities in your Free Time : Wavesurf, Stand-Up-Paddle, go to the Beach, visit the town,
walk in the national parc, snorkeling, hiking in the mountains,...)
Or you can do some painting, writing, singing, dancing in the beautiful nature...**

BY DONATION



Possible classes on the beach or in the mountains.

During Free Time you can have a massage or reiki treatment (Optional).

All Further Info and Availability

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www.ellgurd.be

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