

A seminar of **IYENGAR YOGA**® for women at Isasco



You are invited to a 5-days Iyengar Yoga seminar for **WOMEN**
14th -18th of June 2025 with Iyengar Yoga teacher Lya Saaek



Working in the shadow of a great pine tree, you will rediscover the sensitivity of your feet, train your balance and coordination and improve the strength and flexibility of your legs. Be ready to recharge your core, strengthening it from many angles, and to work deeply with the psoas muscle and the connection to the spine and the diaphragm. You will improve your posture and your inversions through the dedicated arm and shoulder work. The dynamic approach will slowly make the body ready for invigorating back bends. Much focus will be dedicated to the connection to yourself and on self-care, on the breath flowing freely throughout the body in all positions, on joy and on learning together.

The house provides the option for cooking dinner together, we can eat take away on the beach or dine in restaurants and pizzerias in the neighbourhood or in the nearby medieval villages.

The seminar will be taught in English. Price 220 euro for 5 x 4 hours teaching.

The workshop is for everyone with a minimum of 3 years of practice.

Saturday 14th of June 12:00-14:00 Arrival + **15:00-19:00 Yoga**

Sunday to Wednesday 18th **9:00-13:00 Yoga**

Wednesday 13:00-14:00 Cleaning of house and yoga areas (obligatory for all participants).

Lya Saaek, certified IYENGAR® Yoga Introductory II, with 32 years of teaching experience and great passion for the therapeutical aspects.

Information and application:

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The valley Isasco is situated 250 m above the village Varigotti by the Mediterranean. The house provides some beds, and the garden has room for your tent. Besides, there are various B&B and campsites nearby – I'm happy sending more information on whatever topic relevant.

