



SPIRIT OF CARPATIAN YOGA RETREAT

SATURDAY 14- FRIDAY 20
SEPTEMBER 2019

YOGA+MEDITATION+HIKE+TRAVEL



DAILY YOGA CLASSES DESIGNED TO BEGIN OR
DEEPEN YOUR PRACTICE

UNLIMITED NATURE

LIGHT DETOX ORGANIC MEALS



Our trip to Sucevita Monastery



Sucevita Monastery is included in our Active tour

Few religious monuments are as inspirational and mesmerizing as Sucevita Monastery, one of the eight painted churches from Bucovina included on the UNESCO World Heritage list. A masterpiece and 'a testament of Moldavian art', Sucevita Monastery marks the end of an era, a time in which medieval religious art reached new levels of innovation and creativity in this part of Romania.

Our practice

Yoga

Most mornings will begin with 60-75 minute vinyasa (flow) practice to get the body moving and the mind awake and ready for the day.

Meditation

We will practice meditation aimed at cleansing the body and mind, liberation from negative energy and healing.

Accomodation

Casa Octavian



Meals

On this retreat all meals are vegetarian, made fresh.

Please inform us if you have any special dietary requirements, we will try to accommodate these.

Pricing

The prices for this Yoga Retreat cover your Yoga, Meditation, accomodation, delicious meals and day trips.

Prices do not include airfares, transfer from airport.

! Possibility of organising a transfer from the airport and the railway station from Suceava.

All share accommodation is single comfortable apartments.

Book my place >

Want more details?

Receive an itinerary>