



S A M U D R A
28.9 .19 – 5.10. 2019

YOG on the land
SAIL on the sea



YOG : Giorgia's program to guide inner journey through Yog techniques.

Movement breathing and breathing in movement ; meditation and introduction to Pranayama preliminaries. Philosophy talk. Intermediate level.

We have a practice room with mats , blankets and cushions available for more dynamic and restorative classes. We are welcome to practice in the garden or on the terrasse according to the type of class .



SAILING: 3 excursions according to weather on [Kalima](#), Antonio's sailing boat .

We will sail discovering the most beautiful and unexplored bays of the oriental coast. Learn, practice sailing basics (it/fr/en) , enjoying time , landscapes of Le orte, Otranto , Porto Miggiano...

Should the weather have other plans, we will increase the rhythm of yoga and we have organized city and nature excursions on the same destinations, as an alternative.



STAY 7 nights in Santa Cesarea Terme, LECCE . The beautiful home of Donna Ada , reserved exclusively for our yoga and sailing group

EAT Vegetarian * Donna Ada, our host and chef.

Let us know about allergies or specific diets.

FLY in BRINDISI (BDS)

JAF3511 - TUI FLY BRU 13:35 - BDS 16:30

FLY OUT from BARI (BRI)

FR8706 RYANAIR BRI 20:25 - CLR 22:50

PICK UP and DROP off at the airport :

we pick you up and drive you on the day of arrival and departure as per start and end of retreat.

SCHEDULE the week is organized with daily yoga and meditation , daily excursions and activities. Every day we have included a few hours of free time to make sure you have time to rest , self practice, read a book, journal , connect with yourself and our land and sea.

YOGA



After a lot of travelling to the source of Yog and life abroad I look forward to journey and teach in Italy with people curious to discover more about themselves through the science of Yog.

I am happy to work with Antonio securing the logistics on land and sea and to be teaching yoga on the land of my ancestors.

Yoga is a return to the Self and I am sure Salento is a great place to allow this process to unfold beautifully.

SAILING



In the winter I am a producer of Festivals in Brussels, in the summer a charter captain and a musician of Pizzica, the typical music from South-East of Italy .

Happy to coordinate this retreat with Giorgia who will take care of the yoga and keep the spirits high in the land and sea where I grew up and always return.

I sailed since I was 8. I sailed all over the Mediterranean Sea and I truly think Salento has a lot to offer!

MORE INFO



**INFO & RESERVATION:
BOAT/SEASON/REGION ON
WWW.YOGAWITHGIORGIA.COM**

YOG: GIORGIA
YOGAWITHGIORGIA@GMAIL.COM

+32 495.90.65.22

SAILING: ANTONIO
ANTUIDA@GMAIL.COM

+32 488.26.30.69