

A revitalizing one week workshop diving into the spring's renew energy with energetic practice of Yoga, Mindfulness & Pilates.

Intention

In our true natural pace we want to balance Yin / Yang spring's energies.

- explore and deepen our path into practice with transversal and complementary teaching; postur work, pranayamas, philosophy, meditation, Do-In (self massage) □- grow and harmonize your energetic potential ; rooting, power and flexibility from the heart and body, presence, deep listening and connection to our true selves.
- Regenerate and harmonize our Yin/Yang energy of spring season, root body, heart and soul into transformation, feeding joy and serenity.□

The practice and teaching techniques

Practice is built progressively during the 7 days of the retreat and open to everyone, different variations and options are taught. Each

participant is practicing in consciousness, according to his own needs and rhythm.

Breathing, sensations and optimal alignment are at the center of attention during practice

- Pilates Method: Solar energetic practice (yang)
- Yoga practice and meditation for sunrise and sunset; seated and walking meditation from east Asia buddhist tradition, Yin Yoga.
- Do-In (self massage)□