

Yoga & Cooking

Weekend with Gauri & Hanna

25-27 August, 2017

FOOD IS THE MOST IMPORTANT OF ALL THINGS FOR THE BODY. THEREFORE IT IS THE BEST MEDICINE FOR ALL THE BODY'S AILMENTS. THEY WHO LOOK UPON FOOD AS THE LORD'S GIFT SHALL NEVER LACK LIFE'S PHYSICAL COMFORTS.

UPANISHADS

Join Gauri and Hanna for a delightful weekend to practice yoga & meditation, learn about yogic approach to food, and gain inspiration for healthy cooking!

On the program:

- Energizing morning yoga
- Soothing evening yin yoga
- Breathing exercises
- Guided meditation
- Deep relaxation
- Lecture on yogic food
- Two hands-on cooking workshops
- Delicious organic meals
- Free time to rest & relax



Hanna and Gauri are certified Sampoorna yoga teachers who love to share their passion of yoga & food

Venue

The retreat takes place at Hof de Brulle, a gorgeously restored farmhouse in Wijlre (Dutch Limburg) with peaceful bedrooms, beautiful living spaces, large professional kitchen for our workshops, and a huge garden to relax in.

Prices per person

Shared room: 320€ (single room supplement 50€, limited availability)

Price includes everything: accommodation, meals, program, free recipe booklet & kitchen gift.

Registrations: www.sampoorna-yoga.be