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# Embodied Creativity

*Shanta Vira Yoga in* **Sardinia**

Costa Rei, 11.-18. Juni 2022





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# The Retreat

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## to reconnect...

In a small personal group there are daily yoga sessions, meditations, pranayama and creative work. We dance and sing mantras together.



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# ...rejuvenate

You also have time for individual relaxation:

Long walks on the beach, swimming, sunbathing, jogging, surfing... There is directly a board, umbrella and sun bed rental on the beach.

This magical week in Residence delle Ginestre in Costa Rei in Sardinia will unfold awaken and fortify many of your hidden and unexplored talents.

Our residence is right in front of the turquoise Mediterranean sea. In our time together this will be one of our main resources to rejuvenate ourselves.







## and experiencing

Here you can simply enjoy yourself. With creative writing or painting you explore yourself on another level. Just let your soul be free or treat yourself to a soothing healing massage by Sven or his wife Nicole. Pure deceleration!



You will have ample opportunity to reconnect with yourself on various levels. You can expect Yoga practices that will enliven and invigorate your physical, energetic and subtle bodies.

These will include alignment based Asana, energising pranayama, subtly connective mantras and mudras, all woven together to create the perfect field of experiencing, you in the world.



# The Shala

The yoga sessions and meditations take place in the bright yoga room. The two pianos and the works of art make it particularly appealing.



So you can also expect mindfulness meditations, mantra meditations and visualisations to further connect you with your creative mind.

Finally we will further dive into the creative process through; writing exercises, vision board creations, exploratory voice movement modalities and Kirtan.







# The Residence

The small residence is located directly on the beach of Costa Rei in the Sardinian south. It is a small retreat paradise by the sea and has several apartments with their own terrace and a dreamlike garden.



I would be remiss if I did not speak about our culinary explorations during the week. Sven is an amazing chef, highly skilled .

Intuitive and creative. He has owned restaurants, prepared food at resorts, festivals and retreats around the world.

For us he will prepare delicious, healthy locally sourced organic meals to compliment our explorations as Creatively Embodied beings.



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# The Schedule

11.06.2022 Arrival to 3 pm (15:00 Uhr)

Yoga Practice: 5-6:45 pm (17:00-18:45 Uhr)

Dinner: 7 pm (19:00 Uhr)

12.6.-17.06.2022

7:30-10:30 am: Meditation, Asana n More

10:45 am -14.30: Brunch, Mediterranean Time

14:30-17:00: Creativity n More

17:45: Sunset Dinner

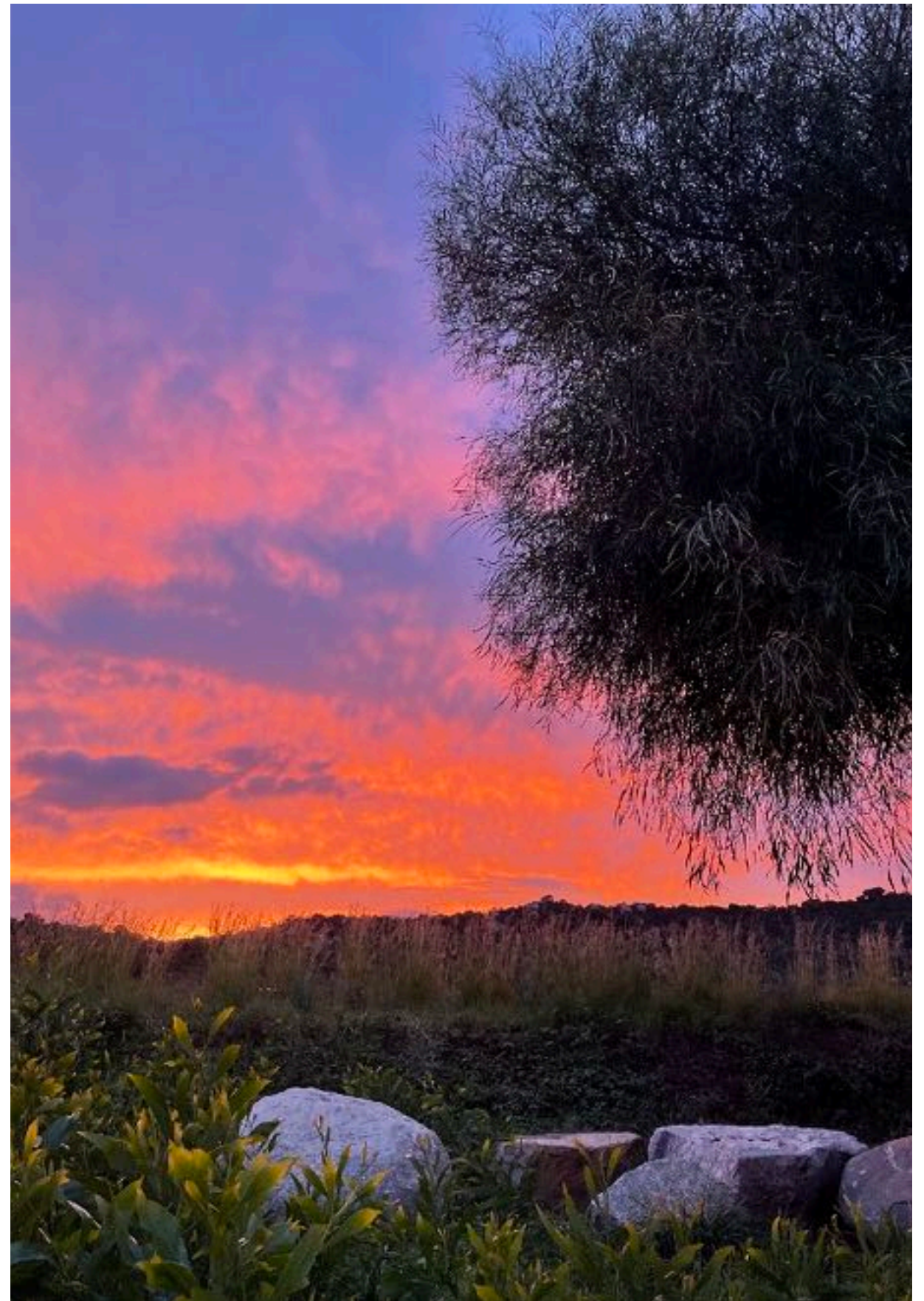
20:00: Satsang, Kirtan\*

18.06.2022 Departure: Check Out to 11:00 am

7:30-10:30 Meditation, Asana n More

10:45 am: Brunch, Departure

\* on two evenings

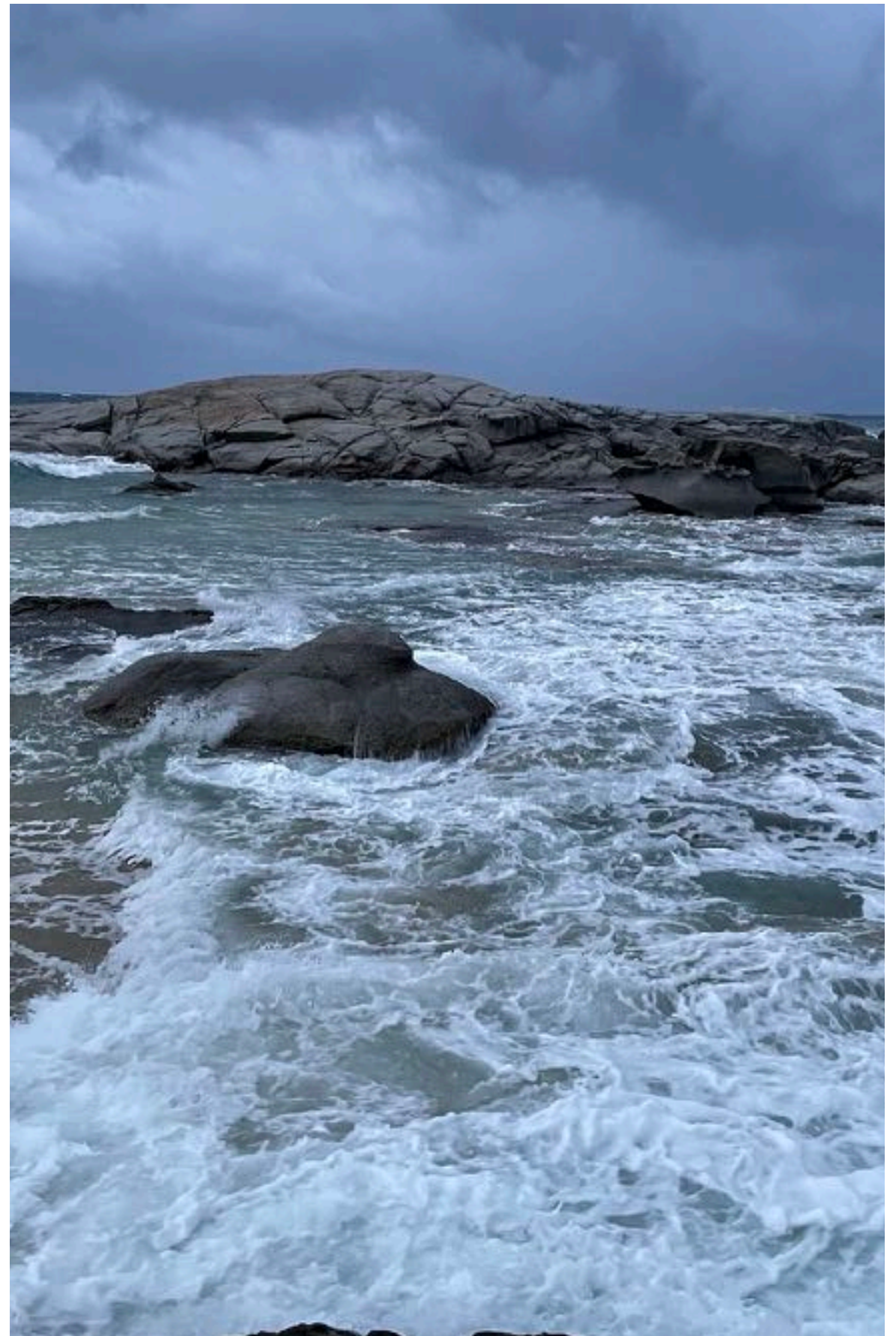




# The Highlights...

- Daily 5-7 h integral Yoga n More
- Daily meditations and pranayama
- Satsang\*, Kirtan on two evenings \*being together, joining, Mantra singing
- Daily 2 organic yogic vegetarian freshly prepared meals, snacks and smoothies
- Free beverages\*
- Daily fresh fruits
- 7 nights

\*filtered Water, Tea, Coffee







# Costs

Costs in Euro: 8 days, 7 nights

Single Apartment: 1.365,-

Shared Apartment: 1.120,-

Arrival: Saturday, 11.Juni 2022

Departure: Saturday, 18. Juni 2022



*Breakdown in Euro: Fare for the Retreat 630,-*

*Catering\*: Organic Food. Brunch, Dinner: 280,-*

*\*to be payed directly to the Catering Service*

**Accommodations, Shala\***

*\*to be payed directly in the Residence delle Ginestre*

*Single Apartment: 525,-*

Shared Apartment: Single Bed in shared Double Room  
Per Person: 280,-

Sun Beds in the garden, towels for bathroom, kitchen and beach, bedding, blankets and final cleaning are provided and included in the price.

**NOT INCLUDED: Flight Tickets, Airport Transfer**



# Good to know

- Airport: Cagliari
- Organised Airport Transfer to Costa Rei and back (1 h). Cost: 39 Euro (6 passengers)
- Car Rental at the Airport
- Little Beach Bar and Restaurant aside the Residence
- One parking lot per Apartment
- 2G+ Traveling to Italy \*vaccinated, recovered, tested
- Supermarkets and Shops in the village, Minimarkt 3 minutes to walk
- Possible Boat trip or Sightseeing flight

Please bring with you:

Something to write in, coloured pens/pencils. Old magazines and a glue stick. Of course sun cream and your bathing suits.



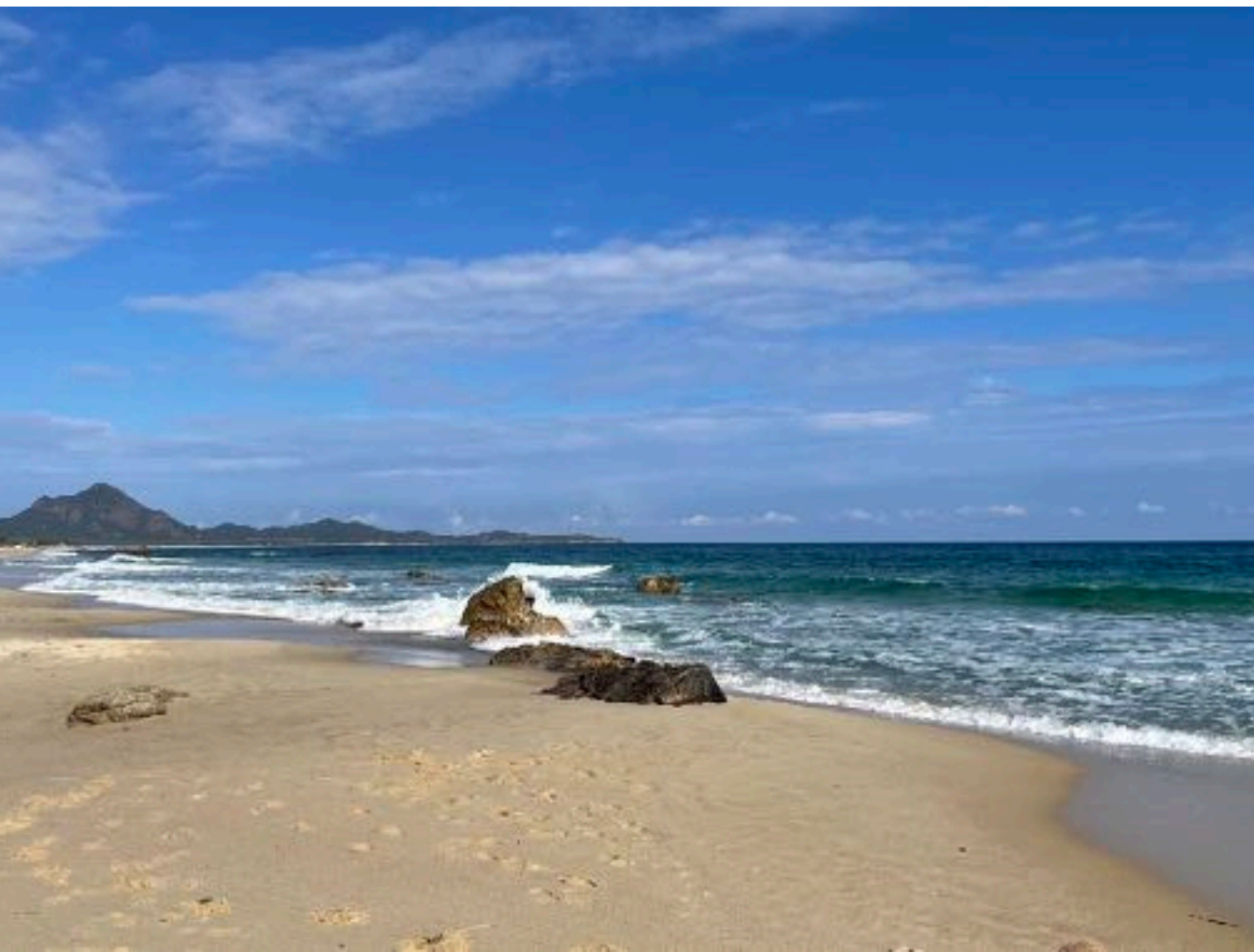




# More information

To register send an email to  
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See more about me and my work on  
[www.shantavirayoga.org](http://www.shantavirayoga.org)



Our seminar chef Sven arrives with us from Germany. He ran several restaurants. His wife Nicole is joining us. Both are experienced bodyworkers and offer us massages treatments.

Paula-Maria Stewart, my beloved wife is a trained opera singer, actress and coach for integrative voice method. She, too, will give a workshop for voice training at this retreat.

The airport transfer is carried out by Fabian. He emigrated from Germany to Sardinia. He speaks Italian, English and German. He is an educator and pilot and also offers sightseeing flights.

The residence is run by Eleonore. She is also German and has lived in Sardinia for 40 years.