



# Yoga: The Nature's Way

One Shakti Yoga Retreat with Manish

**6 DAYS from 4<sup>th</sup> to 9<sup>th</sup> June 2020 **\*\*waiting list\*\*****  
**6 DAYS from 11<sup>th</sup> to 16<sup>th</sup> June 2020 **\*\*open to register\*\*****



This special Yoga retreat will take place in the gentle rolling hills of Umbria - the green heart of Italy. Umbria is a peaceful region where “slow-life” is still an important value. Wildly green and full of olive groves which make authenticity one of its most beautiful characteristics.



Our yoga retreat venue is [The Lodge @ EQUILIBRIO.BIO](https://www.equilibrio.bio/). This is an *Agriturismo* venue – The Veggie Farm for a healthy stay, with an equivalent of 3-4 stars rating. This site is conveniently located at the borders with Umbria and Tuscany.

The lodge is situated in a magical green, bio diverse valley immersing you in nature and tuning you into its beautiful ecosystem. One can tap into the positive energy and flow of the lodge giving the tranquil space to rest, relax and rejuvenate.



A quiet resort with spacious eight deluxe en-suite bespoke rooms. The accommodation space is unique and beautifully quaint with twin sharing. Some rooms are very large with capacity for three to share.

So, is your heart saying something about this Yoga Retreat ... Interested? Then please read on...



The resort offers a purpose built yoga studio with wooden floor and yoga equipment of mats, belts, blankets, bolsters and bricks. There is also an outdoor flat grass area to have many sessions in Nature. There will be guided yoga sessions in the morning and late afternoon, offering more than 20 hours of guidance during the retreat days. And yoga "off-the-mat" will offer much more.

**Yoga retreat programme** will cover

- 🌀 Yogasanas - Movement and Postures
- 🌀 Pranayama
- 🌀 Relaxation and Meditation - Yoga Nidra, Silent sittings
- 🌀 Spiritually Inspiring and reflective sessions



Our stay at the Lodge will be on full-board basis offering three daily Vegetarian/Vegan organic and mostly home grown, healthy and gourmet meals. This will be a creative cuisine dining experience in "Al Fresco" style – buffet; we will eat together, share conversations and laughter over the meals. Herbal teas and mineral water will be made available throughout the day. Any specific dietary needs can also be catered for.

During the retreat days, two guided 3-4 hours hikes/walks are being planned to explore the nature's ways. There will be many opportunities to do local personal walks, take quiet moments, book a personal Spa/therapy treatment or enjoy the Salt Pool during your relaxation time. I may offer an experience of extended period of silent moments during the retreat – an opportunity to enjoy your own company. Let's make time and take space to detox our bodies with right food/drinks, and detox our mind from life stresses and electronic indulgence!

**Yoga Teacher – Manish Shah, One Shakti**

Manish Shah is a senior instructor with over 25 years yoga teaching experience and has led many local and international retreats. A complementary therapist well established in Yoga, Energy Healing and Massage. His journey has been one of integrating authentic spiritual practices with personal experiences, and an emphasis on presenting them simply and with clarity. Every retreat and session has a unique offering, and one comes away feeling enriched in body, breath, mind and spirit.



**Retreat Package**

**Cost of the package per person on twin sharing basis is: £795**

NB. Single rooms will be only available if the group size is less than 16. Single room supplement will apply (can be confirmed on enquiry)

**Package includes:**

- 🌀 Full board stay at the Lodge with 5 nights' en-suite accommodation
- 🌀 Breakfast, lunch & dinner vegetarian/vegan meals
- 🌀 Herbal teas and mineral water
- 🌀 Group yoga tuition



- 🕒 Yoga props - mat, blocks, blankets, etc...
- 🕒 2 guided hikes/walks

#### Package excludes:

- 🕒 International and any local flights
- 🕒 Airport transfers
- 🕒 Any personal Spa or therapy treatments
- 🕒 Any personal costs e.g. gratuities, laundry costs, drinks
- 🕒 Travel insurance, visas and travel documents
- 🕒 Any items not mentioned in the above inclusions

#### Supportive information *(subject to change)*:

Nearest airport to the venue would be Perugia. Ryan Air has flights from Stanstead to Perugia but for some reason they have not published their schedule beyond March 2020. Alternatively suggest flying into Rome Fiumicino airport with Easy Jet or British Airways. Airport transfer (approx. 2 hrs from Rome to the venue) can be organised if a group of 10+ travels together and the costs to be shared by the group members. From Rome, one way transfer cost can be approx. £30 (less if group size is more than 10).

#### Testimonials

##### *Few testimonials to share ...*

*“Your meditation and yoga, breathing teaching is exceptionally good - the way you instruct is so clear and insightful that it makes the learning very effective, safe and expertly facilitates getting into a flow in the practice. Your general ‘life-guidance’ fits seamlessly to the practices - they support each other and help me make sense of the bigger picture and smaller picture...”*

*“Thank you for once again providing the beautiful space and guidance at this year’s retreat, and offering to experience stillness and silence through all that you shared...”*

*“Your teaching style and direction have always been a great inspiration. I particularly liked the way you explained Prana, the connection with the breath and its effects on the body. How individuals are able to use their breath to create the right balance of energy for a practice or to tolerate the heat...”*

*“Your visualisation meditation towards the end of the practice was inspirational...”*

#### To Enrol

Retreat 1 (4 – 9<sup>th</sup> June) will be ideally suited for practitioners and teachers of yoga, and other energy based practices. Please enquire or enrol if interested in attending.

Retreat 2 (11 – 16<sup>th</sup> June) will be suited for beginners as well as regular practitioners of yoga.

Please enquire or enrol if interested in attending.

Group size will be around 16 participants. Most of my previous retreats have been fully booked – so if interested please book your place early. Accommodation will be allocated on first confirmed basis. Also consider booking your international flights only once your place is confirmed.

**To register your place, please complete the attached registration form and send with your non-refundable deposit of £250.**

#### Subsequent payment plans

- 🕒 2<sup>nd</sup> payment: 30<sup>th</sup> October 2019 £295
- 🕒 Final payment: 28<sup>th</sup> February 2020 £250

Confirmation of registration will be sent on receipt of your form and deposit. Further retreat details will be shared in due course.

For further information, please contact Manish:



manish@oneshakti.co.uk



07854 14 12 16

oneshakti.co.uk



the unfolding journey...

### REGISTRATION FORM



Yoga Retreat	<input type="checkbox"/> Retreat 1: 4th to 9th June, 2020 *** waiting list *** <input type="checkbox"/> Retreat 2: 11 <sup>th</sup> to 16 <sup>th</sup> June, 2020 <i>Please tick or express your preference</i>
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Personal Details:

Title & First Name:		Surname:	
Address:		Tel Home:	
		Mobile:	
		Email:	

Additional Details (for additional space, please use back of this form):

Previous Yoga/Retreat experience(s):	
Any previous Hiking experience(s):	
Medical conditions:	
Room sharing with:	
Any specific requests:	
Emergency contact details	Name: _____ Contact no: _____

All participation in the yoga sessions and planned itinerary is optional and there is no refundable amount for any missed sessions. In case of any existing health or medical conditions, please ensure you seek medical advice and get GP’s approval. The health responsibility lies with the participant.

One Shakti group does not take any responsibility and we are not liable for any damages, losses or injury caused during this retreat in whatever form.

I am enclosing herewith a NON REFUNDABLE deposit/total cost of £\_\_\_\_\_ towards the cost of this retreat. Cheque should be made payable to “M Shah” and passed onto Manish. BACS payment details can be shared on request.

Signature \_\_\_\_\_ Date \_\_\_\_\_

One Shakti may use some photographic images and video footage for public view on forums such as the website. If you do not wish your photograph or video footage to be used for this purpose, please indicate by ticking the box

Please return the form/fees to “One Shakti Yoga Retreat”  
c/o Manish 202 Kenton Lane, Harrow, Middlesex HA3 8SX

