

IYENGAR® YOGA
JUNIOR RETREAT in MARRAKESH

From 02 to 09 May 2020

with
Gauri Kulkarni (Pune, India)



The idea

The aim of this retreat is to bring together Iyengar® yoga teachers (or in TTC) to practice, exchange and share around the teaching of Yogacharya Sri BKS Iyengar®.

- A week of immersion practicing asana and pranayama as well as studying the founding texts
- A week to meet other teachers, exchange, share and nurture both our teaching and our practice
- A week away from daily routine to rest and recharge batteries in an idyllic and peaceful setting



Our Guest Teacher

Gauri Kulkarni (Pune / India)

Being a long time student of the great master BKS Iyengar Guruji and his family (since 1994) Gauri is close to RIMYI where she is a regular assistant in the therapeutic class.

Gauri was born into a family imbued with Gandhian ideology as well with yoga and Ayurveda practice. She lives and practices many aspects of Yoga since her childhood.

Holding a master degree in Dance Choreography (Mumbai University) gives her the freedom to use the body with space. Gauri works on rhythm and emotions, using narration to inspire and empower her audience for more social justice.



After many years as a yoga student of Guruji BKS Iyengar, the process of creating the scientific communication between Body-Mind-Breath has become part of Gauri's skill repertory. She also holds a diploma in naturopathy and is practicing alternative therapies (including Iyengar® yoga therapy) for women chronic issues.

Very involved in humanitarian causes, Gauri travels several months a year to raise funds and support her projects to help empowering disadvantaged women.



ASANA and PRANAYAMA PRACTICE

Following the current research of Gauri concerning pre-Asana moves and their organic effects we will explore furthermore:

- **“What is the purpose of the precise movements in Asana”**
- **“How to explore Sthirata in Asana?”**
- **“How to Connect the Asana practice to the Yoga Sutra? ”**

The Asanas are series of body movements which give a very clear way to understand the human body from outside in.

➤ “How” are these body actions done? Through specific moves, with intimate communication between body and breath, and with a particular purpose.

Every human body needs stretching, elongation, turning, twisting, bending and inversions.

With these moves one creates a pathway to access to the roots of the organic body and the psychological body, by using simple or complex Asana and accuracy.

➤ But "why" such accuracy? That is the key question which brings us to explore every move in an Asana.

➤ "What" is achieved by Asana or what is the aim behind the precise body moves?

There is a frame of Asana which is given, but some different movements might be required according to each person.

So “what”, “how”, “why” are we searching in our practice?
How to invite that particular Asana in our own body?



The VENUE

BAB ZOUINA

The retreat will take place in Bab Zouina, a beautiful traditional Moroccan villa situated in the Ourika Valley (30 km from Marrakesh) Hidden at the foot of the magnificent Atlas Mountain, Bab Zouina is build in a property surrounded by olive trees and luxuriant nature. Far from the stress of urban life and technology, it aims to be a space for retreat and contemplation in a collective setting.

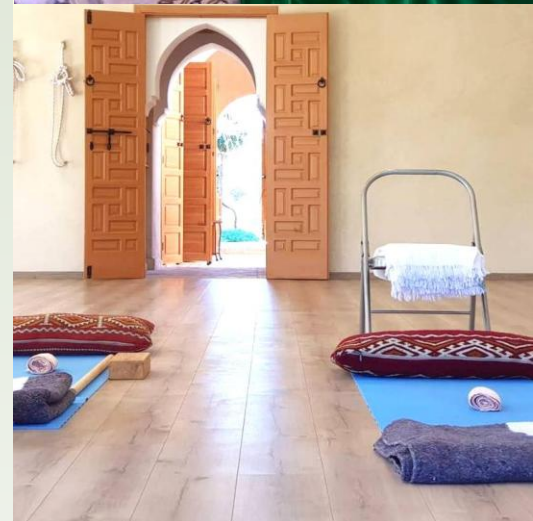


The **guest rooms** are spacious and authentic: carpets, cushions, traditional crafts and futon according to Berber tradition

The **full vegetarian meals** are cooked with fresh local products using traditional recipes of Moroccan and Berber cuisine.



Bab Zouina has a splendid **practice hall of 80m²**, fully equipped for the practice of Iyengar® yoga (ropes, chairs, bolster, blankets, bricks ...)



Programme: Saturday 02/05 to Saturday 09/05/2020

Saturday 02/05: Arrival

According to schedules

- Pick up at Marrakesh airport
- Transfer to Bab Zouina
- 20:30: Diner

Sunday to Thursday 03-07/05: Workshop

- 7h00-7h30: Early morning tea, coffee
- 7h30-9h30: Asana class by Gauri Kulkarni (+ Pranayama on day 4 & 5)
- 9h30-10h30: Light breakfast
- 10h30-12h00: Guided Practice
- 12h30- 16h00: Lunch & Break
- 16h00-17h00: Theory & philosophy study
- 17h00-17h30: Sutra Chanting
- 19h00: Diner

Friday 08/05: Free day

- Optional (price is not included): Visit of souks & historical sites in Marrakech or excursion to the Atlas mountains
- 8h00: Breakfast
- 12h30: Lunch
- 20h00: Diner

Saturday 09/05: Departure

According to schedules

- Transfer to Marrakesh airport



Registration & price

The number of places is limited to 20 persons.
The retreat will be held with a minimum of 10 participants

Retreat Price

Triple Room : 995,00€/person → Early Bird 895,00€
Double Room : 1205,00€ / person → Early Bird 1085,00€
Single Room : 1415,00€/ person → Early Bird 1275,00€

Early bird for registration and deposit made until 01/11/2019

What is included ? :

- Airport transfers from Marrakesh to Bab Zouina
- Full board at Bab Zouina
- Workshop, all props are supplied
- Water, tea, coffee, fruits at any time

Flight to Marrakech

A valid passport (min. 6 months) is required for entry in Morocco.

The flight ticket is to be purchased by each participant individually.



Registration Form

I register for the Iyengar® Junior Retreat that will take place from 02 to 09 may 2020 at Bab Zouina. By signing this form, I agree to pay the deposit of 500,00 € (bank details included) upon receipt of confirmation of my registration. This deposit is only refundable in case of workshop cancellation by the organizers (force majeure only).
Balance payment is due until **15.03.2020**

Name : Surname :

Address :

Zip Code : City :

Email :

Tel :

Place : Date :

Signature :

Please send signed registration form to Bettina Lamghari :
iyomarrakech@yahoo.com

Bank details:

IBAN: **FR66 3000 2007 5400 0003 6792 E65**

Code B.I.C : **CRLYFRPP**

Beneficiary : **BETTINA LAMGHARI EL KOSSORI**

Organisation by:



Contact:

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Registration and cancelation policy

Registration is confirmed after payment of deposit. In case of cancelation by the participant, the down payment will not be reimbursed. For any cancellation by the participant, the following conditions apply:

Less than 30 days before the workshop: 70% of the registration fees are due

Less than 7 days before the workshop: 100% of the registration fees are due

In this respect, participants are strongly encouraged to contract their own travel cancellation insurance.

Liability

Bab Zouina and Iyoma, Centre de Yoga Lyengar® cannot be held responsible of any damage or accident incurred by participants. Each participant will be in charge of all his insurance (travel, accident, liability, etc.) for the whole duration of the stay and for all activities.