



# ACCESSIBLE YOGA RETREAT

with Jivana Heyman & Alessandra Uma Cocchi

**ROSETO DEGLI ABRUZZI • Central Italy**

**May 3 to 5, 2024**

## Where

- 'Lido d'Abruzzo' seaside resort. **Click [HERE](#) to better know the location.**

## When

- From 3:30pm on Friday, May 3 to lunch (included) on Sunday, May 5.

## Why

A precious time for yourself to relax in Nature, meditate, practice and be inspired.  
A precious time to reconnect with yourself and the essence of Yoga.  
A precious time to realize how linked Yoga is not only to our daily lives, but to social justice as well.  
A precious time to refresh and merge into the inspiring principles and practice of Accessible Yoga.

**Click [HERE](#) to know more about Accessible Yoga.**

## What

- Sea-front or pine-wood Meditations
  - Integrated Accessible Yoga Practices
  - Guided Relaxations
  - Workshops
  - Lectures
  - Inspirational Conversations
  - Relaxation time in Nature.
- Clicca [HERE](#) for the daily schedule of activities and content.**

## To Whom

- Yoga Teachers, Yoga Practitioners, Non-practitioners, Family Members, Partners, Children and Friends all welcome, even if they do not attend the Retreat activities.

## Language

- English (translated in Italian through headphones)

## Facilitators

- Jivana Heyman, the founder of Accessible Yoga, author of books *Accessible Yoga*, *Yoga Revolution*, *The Teachers' Guide to Accessible Yoga*.
- Alessandra Uma Cocchi, Accessible Yoga Trainer in Europe and Yogathera

## Participation Fees

**Click [HERE](#) for the fee chart.**

*Attention! Early Birds expire April 3.*

Family members, friends, assistants who are not interested in the Retreat program are expected to only pay food and board.

## How to Enroll

**Click [HERE](#) to be guided through registration.**