



ACCESSIBLE YOGA RETREAT

ROSETO DEGLI ABRUZZI • 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 personal lives, but to humanity.
A precious time to refresh and merge into the inspiring principles 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.
- Click [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 15, 2024.

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.