



Yoga & Lingua



Lingua group course

w/c 26th March
w/c 2nd April

€250 – five days lessons
€200 – four days lessons

Yoga Retreat in Bosa

Friday, March 30th

- 15:00 – 17:00 Asana Yoga Practice – Developing awareness of our physical body
- 17:00 – 18:00 Introduction of Osteopathy and Yoga and how they complement each other
- 18:00 – 19:00 Meditation and Mantra Chanting
- 19:00 – 20:00 Vegetarian dinner

Saturday, March 31st

- 10:00 – 13:00 Asana and Pranayama practice – Developing awareness of our astral body
- 13:00 – 14:00 Vegetarian Lunch
- 14:00 – 16:00 Yoga Philosophy – The three bodies
- 16:00 – 18:00 Asana and Pranayama practice – Developing awareness of our astral body
- 18:00 – 19:00 Meditation and Mantra Chanting
- 19:00 – 20:00 Vegetarian dinner

Sunday, April 1st

- 10:00 – 13:00 Asana and Pranayama practice – Developing awareness of our causal body
- 13:00 – 14:00 Vegetarian Lunch
- 14:00 – 15:00 Q&A – Sharing our experience
- 15:00 – 17:00 Different Meditation approaches – Meditative asana practice
- 17:00 End of our retreat activities

Full tuition 250 Euros (includes all the yoga classes during the three days of the retreat plus your personal osteopathy assessment/treatment)

Please order your Lunch-Dinner with us (optional) 50 Euros

Accommodation is not included. Please let us know if you need help to find a suitable place for you.

For info & bookings
nicola@pintadera.info

The yoga retreat will take place at Miva Olistica Bosa, Via Lungo Temo De Gasperi 71
<http://www.olisticasardegna.com/it/contatti/>



Find your balance Tap into the unbounded potential of your consciousness



Join us to experience how Osteopathy & Yoga complement each other
And realize... Your body has the natural ability to heal itself...
Your mind has the amazing power to create balance...
The beauty of nature, the purity of the environment and the pleasure of healthy vegetarian eating

Description

Osteopathy and Yoga, both, seek to promote balance and healing.
Yoga seeks the attainment of consciousness; osteopathy aims for providing support to health.

Osteopathy embraces the philosophy that the body has an innate, natural ability to self-regulate and to heal itself.

Any obstruction that impedes the circulation of fluids within the body is the focus of osteopathic assessment and treatment. In order to administer an appropriate treatment plan, the osteopath begins by interviewing the patient, performing a complete osteopathic assessment, assessing the position, mobility and quality of certain tissues, fluids and rhythms of the body.

Once the nature of the patient's condition is determined, treatment is directed toward helping the body regain its optimal ability to circulate the fluids unimpeded and in sufficient quantity. This restoration of circulation leads to the body's natural ability to regulate and heal itself.

On the other hand, the yoga postures or asanas, exercise every part of the body, stretching and toning the muscles and joints, the spine and the entire skeletal system. Keep in mind that anyone can practice yoga!!!

They work not only on the body's frame but on the internal organs, glands and nerves as well, keeping all systems in radiant health.

The yogic breathing exercises known as pranayama revitalize the body and help to control the mind.

The practice of positive thinking and meditation gives increased clarity, mental power and concentration.

The whole yoga practice is integral, helping the seeker to find health, inner peace and joy in life.

Through Yoga we undo knots, we undo blockages, allowing the energy to flow into the center, we find balance and we discover, sense or feel our true nature, our full potential as human beings.

The cranio sacral therapy is part of the osteopathy treatment. When the osteopath rest his or her hands very lightly on the body and engage on a subtle level, can feel rhythmic motion being expressed throughout the body, as if the whole body were gently breathing – not just the usual breathing of the lungs, but a more gentle, subtle, rhythmic motion.

The osteopath can feel the subtle movements and flow in the dura mater. Life expresses itself as motion. At a deep level of our physiological functioning all healthy, living tissues subtly 'breathe' with the motion of life - a phenomenon that produces rhythmic impulses, which can be palpated by sensitive hands.

This interaction enables the patient's system to respond to the therapist's gentle contact addressing and resolving any disturbances and resistances to the natural flow of health.

The yoga philosophy states the existence of three bodies: the physical body, the astral body and the causal body. In the astral body there are more than 72,000 nadis (channels where the energy flows). The yoga practice focuses on the flow of energy in three main channels: Ida, Pingala and Sushumna. When energy flows into the center, into Sushumna, we feel healthy, balanced and happy.

The duramater, is a thick membrane that surrounds the brain and spinal cord.

If we have to give an indication of the location of the Sushumna or central channel, in the physical body, we would say along the spine to the top of the head.

These brief ideas can make us understand or sense how yoga and osteopathy complement each other, how both can help us regain our health and balance. And of course go beyond the physical and discover who we really are... Tapping into the core of our being... the unbounded potential of pure infinite awareness.

This is an opportunity to dedicate our precious time in life to understanding the most sacred ancient knowledge of Yoga, not only from a theoretical point of view, but mainly from practical experience as well as discovering how osteopathy can help us find our balance, enjoying the peaceful environment of our holistic center.

Short Biography of the teachers

Karina Arenas Bonansea

Born in Argentina, South America, Karina loves travelling and learning from different cultures. She first began studying administration and accountancy at the National University of San Luis in Argentina. She then went to Spain to continue her studies and obtained her Masters degree there.

She completed the Teachers Training Course and Advanced Teachers Training Course at the International Sivananda Yoga Vedanta Centers, in Austria and India respectively. She is E-RYT 500 Yoga Alliance registered. She also completed her training as Pranayama Teacher at KaivalyaDhama, Lonavla, India and she did additional teacher training courses as Ashtanga with David Swenson and Universal Yoga with AndreyLappa. She has been practicing yoga for more than 17 years and studying with several internationally recognized teachers as Swami Durgananda, Swami Sivadasananda, AndreyLappa, David Swenson, Richard Freeman, Patrick Creelman, Sharon Gannon and David Life, Geshe Michael Roach, Shri O.P. Tiwari, among others.

Karina is an experienced yoga teacher who has been teaching to thousands of people around the world in different countries such as Spain, Portugal, France, England, Austria, Germany, Poland, Argentina, Uruguay, Peru, Hong Kong, Taiwan, China, India, Thailand and Canada. She regularly teaches at Teacher Trainings and Advanced Teacher Trainings of the International Sivananda Yoga Vedanta Centers in Europe and India, as well as at the Sivananda Yoga studio in Taipei. She models for several Sivananda publications including the international book "Yoga: Your Home Practice Companion".

Her main purpose in life is to serve as an instrument to pass on the Yoga Teachings she has received.

Jordi Mosoll Allue

Born in Catalonia, Spain, Jordi loves serving and helping others. He served his community as a fireman for 13 years. During this time he decided to learn more about the human body in order to help people improve their life experience.

In 2008 he graduated as Physiotherapist from the Autonomous University of Barcelona (UAB). After graduating he continued his studies of Osteopathy for 6 more years. He has more than 10 years experience treating different patients such as babies, workers, and elder people, with different kind of imbalances. He has treated as well internationally recognized athletes helping them to recover from sports injuries.

He realized that Yoga and Osteopathy are deeply connected. They both see the human being from a holistic perspective and they both complement each other. He completed the Teachers Training Course at the International Sivananda Yoga Vedanta Centers in Rudraprayag, India. He has been studying yoga and meditation with several internationally recognized teachers as Swami Durgananda, Swami Sivadasananda, Isidro Gordi and S.N. Goenka.

His goal is to facilitate the anatomical knowledge in order to realize the deep connection between our physical and energy bodies.