

# IYENGAR YOGA RETREAT AT DOLCEDO IN LIGURIA, ITALY – SUMMER 2010

Teacher: Pixie Lillas

Date: Saturday 26th June – Saturday 3rd July, 2010

Cost: 680 Euros

Pixie will be teaching a one-week (7 nights) retreat for teachers and experienced students at Molino Pincion, near the medieval town of Dolcedo in Liguria.

There will be three classes a day, and all meals (vegetarian) are included.

Dolcedo is an old mill which has been converted for the purpose of retreats and general holiday accommodation. It is about 100 kms from the Ligurian capitol, Genoa, and 60 kms from Nice.

Accommodation will be divided among four apartments, with two people sharing a room.

The closest international airport is Nice. You can travel from Nice to Imperia by train or bus, and then a pick-up time from Dolcedo can be arranged. It is about 600 metres from the village of Dolcedo to the Mill.

## DAILY SCHEDULE

|                   |                                     |
|-------------------|-------------------------------------|
| 6.15 – 7.00am     | Pranayama                           |
| 7.00 – 8.00am     | Light Breakfast                     |
| 9.00 – 11.00am    | Asana                               |
| 11.30am – 12.30pm | Lunch                               |
| 12.30pm – 4.00pm  | Free Time                           |
| 4.00 – 6.00pm     | Inversions and restorative postures |
| 6.30pm            | Dinner                              |



## ARRIVAL & EQUIPMENT REQUIREMENTS

Arrival will be between 2.00pm and 3.30pm on Saturday followed by an evening class from 4.00pm to 6.00pm. Departure 1.00pm on the following Saturday after asana class and brunch.

Please bring a yoga belt, and a mat if you prefer to use your own. Anyone coming by car could also bring a bolster and a few blocks as we will be a little short on those. Otherwise the bulk of yoga equipment will be available at Dolcedo.

You will also need sheets and pillow cases, toiletries etc.

There is a beach about 15 minutes drive from the retreat centre, and there are good walking areas all around. You may therefore also want to bring a swimsuit and walking shoes.

There is a lively local market set up in Dolcedo three times a week.

## PAYMENT

**Non-refundable deposit: 150 Euros to be paid by 1st April 2010. Final payment due on the first day of the retreat.**

The deposit can be sent by cheque (in Euros) to:

Karin Polaine  
Hildastrasse 63  
77654 Offenburg  
Germany

Or transferred directly into an account (please make the transfer in Euros):

Karin Polaine  
Volksbank Offenburg, Germany  
SWIFT/BIC (Bank Code): GENODE610G1  
IBAN (Account No): DE62 6649 0000 0012 0675 00

If you have any other enquiries please email Pixie at [pixie@balmainyoga.com](mailto:pixie@balmainyoga.com) or Karin at [karin@polaine.com](mailto:karin@polaine.com). You can also telephone Karin on +49 151 1966 5610.