

IYENGAR YOGA RETREAT – DOLCEDO IN LIGURIA, ITALY

SATURDAY 23RD JUNE – SATURDAY 30TH JUNE, 2012



Pixie Lillas is a Senior Iyengar Yoga teacher with 30 years teaching experience. This will be the fifth year that she will be teaching a one-week (7 nights) retreat for teachers and experienced students in Dolcedo, Liguria in Italy.

Dolcedo is a lovely small medieval village within easy walking distance from the retreat centre, which is an old converted mill called Molino Pincion. The nearest city is Imperia, which is located by the sea and approximately 20 minutes away by taxi. The nearest airports are Nice and Genoa. From Nice there is a train or bus connection to Imperia station (Porto Maurizio). For detailed travel information please see below.

A local cook will provide lunch and dinner based on fresh Italian, vegetarian food. It is important to let us know if you have any special dietary needs. Please note that breakfast will be self-catered each day. There is no supermarket in Dolcedo, but you can buy breakfast supplies, fruit, good olive oil and local Italian products in the small "alimentari" shop there. There is also a chemist for any forgotten items.

DAILY SCHEDULE

There will be three classes a day:

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 & DEPARTURE

Arrival will be between 2.00pm and 3.30pm on Saturday followed by an evening class from 4.00pm to 6.00pm. Departure will be at 12am on the following Saturday after asana class and brunch. Details on travel to and from Dolcedo are on the following page.

EQUIPMENT, SHEETS AND TOILETRIES

Please bring a yoga belt and a mat. Anyone coming by car could also bring additional blankets, bolsters and blocks, otherwise most of the yoga equipment will be available at Dolcedo. You should also bring your sheets and pillowcases as well as toiletries. Alternatively you can hire sheets from the retreat centre for a cost of 5 Euros.

COST & PAYMENT DETAILS

Cost: 785 Euros

Deposit: A **non-refundable deposit** of 150 Euros to be paid by 25th February 2012. Final payment is due on the first retreat day.

Payment Details: The deposit should be transferred into the following account (please make the transfer in Euros):

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

Please contact Karin to let her know if you would prefer to pay into an Australian account.

If you have any other enquiries please contact Pixie at pixie@balmainyoga.com or Karin at karin@polaine.com or +49 151 1966 5610.

TRAVEL & ADDITIONAL INFORMATION



PLANE TRAVEL

The nearest airports are Genoa [<http://www.airport.genova.it/>] or Nice [<http://en.nice.aeroport.fr/>]



NICE TO IMPERIA BY TRAIN

There are trains from Nice to Imperia, but it is not possible to buy a ticket for the entire trip in one go because you have to change in Ventimiglia. First take a bus from the airport to Nice Ville train station. At Nice Ville train station buy a train ticket to Ventimiglia from a ticket machine. When you arrive in Ventimiglia buy another train ticket to Imperia from a ticket machine. The best stop in Imperia is Porto Maurizio. Train times (also for English speakers) from Ventimiglia to Imperia can be found on Trenitalia's website [<http://www.trenitalia.com/>]. You can also view times using the Trenitalia iPhone app.

Ventimiglia has a café in the train station with good food and coffee.

NICE TO IMPERIA BY BUS

At the moment one bus leaves at 4.30pm (Terminal 1) and 4.35pm (Terminal 2) from Nice Airport to Imperia centre. There may be more buses during the summertime. Please check the Volpibus website [<http://www.volpibus.com/orari.asp/l/50>] for further bus times. The trip takes about 1.5 hours. As there are only few buses to Imperia, taking a train may be the better option, unless you decide to stay a night in Imperia. The round trip costs approximately 30 Euros. A return bus from Imperia to Nice airport during winter season leaves at 7.25am from Imperia Centre and there should be extra services in summer.

TAXI

Taking a taxi from Imperia to Dolcedo costs approximately 22 Euros. Taxis leave from the station. Alternatively you can call a service under the name of Angelo Allegro. His mobile number is +39 335 64 72 833.

GENOA TO IMPERIA BY TRAIN

From Genoa Piazza Principe (Brignole Railway Station) trains leave quite frequently to Imperia Porto Maurizio. For train times check Trenitalia [<http://www.trenitalia.com/>]. The train journey takes about one and a half to two and a half hours depending on time of departure. Buses leave frequently from Genoa airport to Brignole Railway Station, for more information see the Genoa airport website [http://www.airport.genova.it/v2/index.php?option=com_content&view=article&id=67&Itemid=136].

ADDITIONAL IMPORTANT INFORMATION

Please don't forget to take your own bed sheets and pillowcases! The kitchens in the apartments are fully equipped with kettles and coffee machines. Please also don't forget to organise your own breakfast food, coffee, teas, etc.. You may want to bring your swimming costume if you would like to go for a swim in the little stream by the mill or take a dip in the sea, which is about a 20-minute drive away.

