



**Fall Into Winter Retreat:
Hatha Flow and Relaxation
November 9-11, 2018**

with

Antonée Lua Darby

Dancing Yogini Yoga et Danse

Certified Yoga Teacher

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Come regenerate and prepare your mind, spirit, and body for the upcoming winter months by joining us for a weekend of Hatha Flow Yoga and relaxation.

Hatha Flow is a practice based in traditional Hatha Yoga but with a modern twist. Blending asanas with elements of dance and Pilates, and sequencing them with the breath. Finding our inner flow and space that leads to finding sukha (a comfortable seat) in our practice.

After an invigorating yoga class and a healthy, organic, delicious vegetarian meal, take time to relax with a sauna, a moment in the jacuzzi, and / or a sweet massage to knead out those last bits of tension, whether they be physical or mental.

Located in Normandy, France, a region rich in history, patrimony, and nature, l'arbre aux étoiles is an ecological site where we can take a quick city break (only 2 hours from Paris) and center in on the essentials. Comfortable and charming with a simple modernity, this beautiful location is a wonderful place to release and prepare the fall to winter transition.

This retreat is suitable for beginners and experienced yoga practitioners in good general physical condition.

Retreat Program

Friday

Arrivals starting at 16h00

16h00 : Snack

18h00 – 19:30 : Hatha Flow

20h00 : Dinner

Saturday

08h00 – 08h45 : Infusions

09h00 – 11h00 : Hatha Flow

11h30 : Brunch

Afternoon free (massage, sauna, jacuzzi, relax)

16h00 : Snack

17h00 – 19h30 : Hatha Flow, Pranayama, Meditation, Relaxation

20h00 : Dinner

Sunday

08h00 – 08h45 : Infusions

09h00 – 11h00 : Hatha Flow

11h30 : Brunch

Afternoon free (massage, sauna, jacuzzi, relax)

Departure by 16h00

Registration

The registrations are taken in order of arrival.

Yoga Classes : 100€

Room and Board : 230€ (115€ per night, per person in a shared room of 2-3 people).

A limited number of single rooms are available for a supplement of 35€ per night, per person (150€ per night)

Total Price : 330€ Shared Room / 400€ Single Room

To Reserve :

Send a reservation fee of 100€ to book your space via Paypal or bank wire transfer to Antonée Darby. Banking or PayPal details provided upon request, fees at your expense.

In case of cancellation after October 7, 2018, this fee will not be reimbursed.

The balance is due in cash upon arrival at the retreat.

Food / Accommodations / Massages

If you wish to program a massage, please see here for a list of available massages :

<http://www.larbreauxetoiles.fr/wp-content/uploads/divers/massages-et-soins.pdf>

Note that massages need to be scheduled in advance. Payment for any massage not cancelled with a 48 hour notice will be due in full.

The rooms and grounds are very comfortable. You can have a virtual visit here :

<http://www.larbreauxetoiles.fr/en/home/>

If you have any questions regarding food or accommodations, please contact Cyril or Maÿlis : +33 9 54 08 03 18

Do not hesitate to contact me to ask any questions you may have prior to registrations so that we can better guarantee the good organisation and comfort for all participants : +33 7 53 91 64 35

Plan on bringing a blanket for relaxation and meditation, your yoga mat (optional), and warm clothing for the evening.

We will try to organise a ride share for those coming from the Paris region. Contact me if you are interested.

Dancing Yogini Yoga et Danse Fall Into Winter Retreat 2018

Send to :
Antonée DARBY
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94140 Alfortville
FRANCE

M + 33.7.53.91.64.35

contact@dancingyogini.net
www.dancingyogini.net

Name

Mobile #

Email

Address.....

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Do you have any physical conditions that I should be aware of? Any particular demands?

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I am registering for the Fall Into Winter Retreat held November 9-11, 2018

I am sending my reservation fee to Antonée DARBY via Paypal or wire transfer (additional fees at my expense)

- 100€ reservation fee. If cancellation after October 7, 2018 this amount will not be reimbursed.
- The balance for the retreat along with any scheduled massages is due in cash upon arrival at retreat.

You will receive a confirmation upon reception of your reservation.

I have noted that arrivals begin at 16h00, November 9, 2018.

DATE :

SIGNATURE :