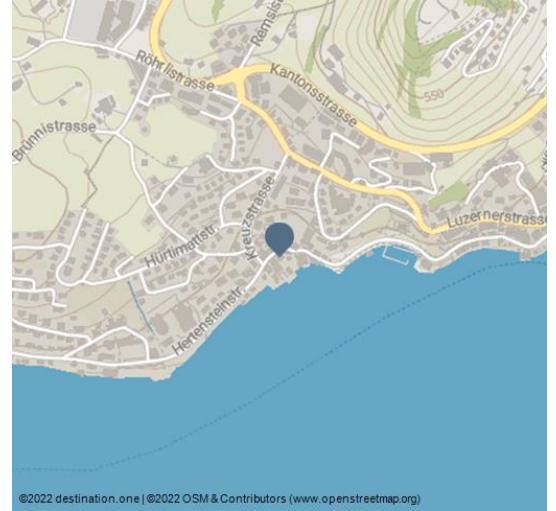




Yoga Retreat – The Art of Soma



Get to know and practise the essential rejuvenation practices of Ayurveda and yoga with the experienced Ayurveda nutritionist and yoga teacher Isabelle Stüssi from Isla Yoga & Ayurveda.

In Ayurveda, the legendary soma elixir refers to practices and rituals that give us the nectar of rejuvenation in everyday life. This weekend retreat focuses on what these are and how we can live this millennia-old knowledge in a modern and accessible way. You will learn all about the daily care rituals in Ayurveda and how you can adapt your diet to suit your type with small changes. Our task is to discover the true source of soma within ourselves. It is the key to deep insight, self-love and leads us to a fulfilling life.

Katonah Yoga sessions, a dynamic hatha yoga practice, accompany us in this endeavour. Precise adjustments, working with yoga tools and pranayama are central to Katonah Yoga. The combined practice of knowledge and movement becomes a multi-layered dialogue. Look forward to a regenerative weekend and then integrate new habits into your everyday life out of love for yourself.

Booking provider:



<https://s.et4.de/Kx4cf>

Events:

Samstag, 18.05.2024, - 23:59 Uhr

More information: www.luzern.com | shop.luzern.com

Venue:

Seestrasse 53
6353 Weggis

www.yogameetsweggis.ch/yogaretreat

Contact Person:

Festivalbüro Yoga meets Weggis, Tourist
Information Weggis
Seestrasse 5
6353 Weggis

+41 (0)41 227 18 00

hello@yogameetsweggis.ch



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<https://s.et4.de/Lx4cf>

Sonntag, 19.05.2024, - 23:59 Uhr

Montag, 20.05.2024, - 23:59 Uhr

Account Providers:

(<https://shop.luzern.com/de/products/yoga-retreat-the-art-of-soma>)