



YOGAGAIA



Yoga and Hiking in The Italian Alps with Hasita Nadai and David Lurey Cheneil Italy – July 11 – 21, 2008

Join us for an exploration of body, mind and spirit in the dramatic setting of Cheneil, a small mountain village which sits in the verdant meadow of a glacial bowl in the Alps, on the Italian side of the Matterhorn.

- Cost: \$ 1399 / 1008 (Euro) • Airfare NOT included
- Early Bird Special: \$150 discount if paid in full by April 11, 2008.

- Includes:
- 10 nights Lodging
 - 3 Delicious fresh Northern Italian Meals a day
 - Round trip Ground transportation from Milan Airport

- Yoga activities:
- Daily Morning Asana Practice
 - Evening stretching, meditations and reflections
 - Hiking in the majestic Italian Alps
 - Learning the story of the Cosmos through Yoga Gaia
 - International Student Base
 - Two experienced and fun teachers!



About the teachers:

David has been teaching Mindful Spirited Vinyasa Yoga since 2000 and brings postural integrity, fluid movement and an open heart to the practice. He leads workshops and retreats worldwide and is in a constant state of reconnection to his natural roots.
www.findbalance.net

Hasita has been teaching Kripalu yoga since 1994 for adults and children. She is a geologist and a biologist and has created Yogagaia which reconnects our life to the life of the planet. Hasita has been roaming the Alps for 55 years and has organized trips and led hikes in the Cheneil area.

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