

Yoga Evolution Retreats



Location

Yorkshire and the Humber, South Yorkshire<https://www.freeadsz.co.uk/x-254798-z>

Ashtanga & Yin Yoga Retreats With Mindfulness Meditation

The yoga evolution retreat centre is set in six hectares of a traditional Portuguese estate, deep in the countryside of Portugal. We have many relaxing features around the grounds of this beautiful place such as, ancient cork oak trees, fertile terraces full of wild life and a lovely stream that flows through the bottom of the grounds.

The stream has many sitting positions dotted along it where you can sit in natural rock pools to cool off on a hot day.

Yoga Practice

Peter and Sue have trained with many world renowned and none world renowned yoga teachers and continue to learn share and practice the union of yoga. They are both professionally certified yoga teachers both in the UK and with the University of India and have worked with Sarah Powers and Paul Grilley the founders of insight yoga as they continue to develop their skills.

The morning yoga practice taught at the retreat centre is the ashtanga vinyasa yoga (primary series). Peter has been changing certain sequences to help all find more fluidity in a led class environment. Peter learnt a lot from David Swenson and his teaching style and has now evolved on that through gaining

more knowledge from the people who do the practice at the retreat centre.

The evening classes are led by Sue who teaches Yin yoga sequences to pull and stimulate the muscles. These classes are very complementary to the yoga taught from morning. You will also have one evening class to learn many relaxation techniques to incorporate into your yoga.

Every morning we will be cultivating a mindfulness meditation practice and you will also have one morning session dedicated to pranayama (expanding the dimensions of the breath),

Diet.

The food served is vegetarian, ayurvedic and macrobiotic with a touch of raw.



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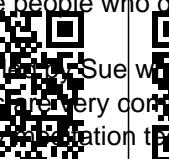
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We hope to see you here some time and share our authentic home and company.

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