



IYENGAR YOGA SUMMER INTENSIVES WITH INGA ZIMBALISTA July-August 2024, Veduna, Slovenia

The courses aim to re-introduce your body with the restored energy, strength, toning and transformation that allows more ease and flow within your mind and spirit, and creating a deep connection with our body's needs, cycles & rhythm, in order to cultivate our intuition.

This year we will have three courses:

FIRST COURSE

July 18-22 - Deep Recuperation & Rejuvenation (all levels)

Arrival July 18th from 13:00, practice at 16:30.

July 22nd practice until 10:00, breakfast and departure.

SECOND COURSE

July 23-28 - Intermediate level

Arrival July 23rd from 13:00, practice at 16:30.

July 28th practice until 10:00, breakfast and departure.

THIRD COURSE

July 29 - August 4 - Intermediate & Advanced level

Arrival July 29th from 13:00, practice at 16:30.

August 4th practice until 10:00, breakfast and departure.

Each course serves as a base for the following one.

Students staying for more than one course, may stay in Veduna in-between courses for an additional fee of one night, according to chosen accommodation.

COURSE INFORMATION

1st course - July 18-22 - Deep Recuperation & Rejuvenation (all levels)

Arrival July 18th from 13:00. Departure July 22nd after practice & breakfast.

deep care, compassion, restoration, rejuvenation, recuperation & detox.
Recommended for students who practice Iyengar Yoga regularly for at least 6 months and practitioners of other methods who want to experience Iyengar yoga.



The course would focus on deep cleansing, healing & integration for the restoration of body, mind and spirit through:

- Special Asana and Pranayama practice
- Ayurvedic cleansing detox program based on organic vegetarian diet.
- Hand built traditional sauna and natural fresh water pool to flush toxins from your body.
- Personal sessions (booking in advance, extra cost):
 - manual physical therapy sessions
 - Consultation with Ayurvedic doctor to understand your constitution.

Daily Program of the first course:

- 2 sessions of Asana and Pranayama – morning and afternoon
- evening walks after dinner in the beautiful surroundings (not obligatory)
- enough time to rest and do nothing / sauna / swimming

2nd course - July 23-28 - Intermediate level

Arrival July 23rd from 13:00. Departure July 28th after practice & breakfast.

Recommended for students practicing Iyengar Yoga regularly for at least 2 years. Participation in the first course is highly recommended as preparation for the second course, for better results and a deeper effect.

3rd course July 29 - August 4 - Intermediate & Advanced level

Arrival July 29th from 13:00. Departure August 4th after practice & breakfast.

Recommended for students practicing Iyengar Yoga regularly for at least 3-4 years. Participation in the previous course is highly recommended as preparation for the third course, in order to remove fatigue, detoxify and be ready physically, mentally and emotionally for advanced practice, for better effect and deeper results.

Daily Program of the second and third courses:

- Meditation
- Pranayama session
- 2 Asana sessions
- evening walks after dinner in the beautiful surroundings (not obligatory)
- enough time to rest and do nothing / sauna / swimming

LOCATION: VEDUNA RETREAT CENTER

www.vedunaretreats.com

Velenje, Slovenia (1.5h drive from Ljubljana, 1h from the airport)

The perfect environment for yoga practice: we will be surrounded by mountains, forests, great quality air, silence and breathtaking surroundings. Veduna is a farm growing organic vegetables and serving them straight to your plate. See [photos](#).



Make sure to specify special food requirements and/or allergies when completing your registration form in advance.

TRANSPORTATION

- Transportation to & from Veduna will be arranged (strictly in advance) and charged separately by Veduna Center.
- Booking of transportation will be available **until one month before the retreat**.
- Once you have booked your flight/train ticket, please fill out the following form, relevant to your course:

Transportation for [course 1](#) / [course 2](#) / [course 3](#)

- The payment is per van and will be divided among the number of people who share the van (max. 8).
- Optional airports for transportation:
 - Ljubljana (Slovenia), 1h from the airport
 - Gratz (Austria), 1.5 hrs from the airport - flights only from Europe.
 - Zagreb (Croatia), 2h from the airport
 - Trieste (Italy), 2h and 15 min from the airport
 - Venice (Italy), 3h and 20 min from the airport
 - Vienna (Austria), 3h and 20 min from the airport

In case you don't need transportation, and you arrive independently, kindly let us know.

TEACHING FEES

	before tax	including tax
First course - 4 days	330 euros	370 euros
Second course - 5 days	430 euros	485 euros
Third course - 6 days	520 euros	582 euros

5% discount on second and third course.

The payment will be only in euros, either in cash or through bank transfer to Slovenia account.

Please contact Tal for bank details:

+972-525000367 (WhatsApp) or yoga.south.telaviv@gmail.com

Teaching fees payment options:

1. Pay the full amount, 30 days before the start of the retreat.



For the first course please pay the latest till 7.7.24 and for the second course the latest till 14.7.24.

2. Pay First 50% 30 days before the start of the retreat and
The second 50% upon arrival.

* Notice that bank transfer will cost you money, so if you split the payments, you have the possibility to choose between cash or bank transfer *

* **Important:** As capacity is limited, registration cannot be cancelled. We kindly ask you to respect your monetary commitment, even if from some reason you are unable to participate eventually.

***No refund for teaching fee, only in case another student fills in your spot.**

ACCOMODATION

Fees per person (including full board & facilities):

Number of people in room	Price per night	1 st course 4 nights	2nd course 5 nights	3rd course 6 nights
4 (dormitory)	85 euros	340 euros	425 euros	510 euros
3 *	105 euros	420 euros	525 euros	630 euros
2 *	120 euros	480 euros	600 euros	720 euros
1	175 euros per night. Optional if necessary. Please contact us for availability.			

5% discount on second and third course.

- 2 & 3 person rooms have a private bathroom and a balcony.
- The payment includes 3 meals per day (full board).
- If you wish to stay for two or three courses, an extra fee will apply, depending on the room.

Notice: we have a limited capacity for each course of about 20 students and the number of rooms of each type is limited, so please be prepared to be flexible regarding your accommodation arrangements. We will do our best to meet your requests, but we cannot guarantee.

CANCELLATION FEES

Veduna Cancellation / Refund Policy

If you need to cancel your booking the following refund policy will apply:

(a) cancellation more than 30 days, before the start of the retreat, a 90% refund will apply.

(b) cancellation less than 30 days before the start of the retreat, no refund will be provided, unless due to Covid-19 or war travel restrictions prohibiting your travel to join the retreat, in which case a 90% refund will apply.



EQUIPMENT

Please bring your mat, a clean eye cover for Pranayama and any special props you may require according to your condition. We provide blankets, bolsters, blocks and belts.

What to bring with you

The climate can be very changeable.

You must bring something warm to put on, a warm jacket, jumper or fleece and some long practice tights and thick socks.

Bring good walking shoes.

Please Bring your own towel for the swimming pool. Veduna property towels can't be used.

Breakfast will include herbal teas, fruits, nuts and smoothies. lunch and dinner provided each day.

Therefore, if you need to snack and/or you suffer from low blood sugar levels, you may want to bring with you some snacks such as nuts & dried fruits to nibble.

There are no local shops!

There will be a coffee shop after lunch.

If you can think of anything else, or you have any questions, please email us before the 27th June at yoga.south.telaviv@gmail.com

REGISTRATION PROCEDURE

A. If you need help deciding which course is best suitable for you, please contact us **+972-525000367** (WhatsApp) or yoga.south.telaviv@gmail.com

B. Fill in this [form](#) (in case you have a specific person you wish to share the room with, you can add it in the last section of the form, as well as special food request and allergies).

C. After processing your requests, we will let you know which room arrangement we can offer you, and you can continue the process by sorting the payment for the accommodation online (via PayPal or BT to Veduna Retreat Centre).

Your registration will be confirmed once you pay for accommodation or teaching fee.

**Much sLOVEnia, See you soon!
Inga and the team**