



WE BREATHE YOGA

PRANAYAMA INTENSIVE SARDINIA RETREAT 29 MAY - 2 JUNE 2025

I am very excited to announce my first solo intensive retreat in the South West corner of the beautiful island of Sardinia, Italy.

WHAT TO EXPECT

*The focus of the retreat is **Pranayama**, an opportunity to deepen an existing regular practice and explore some more advanced energy practices. The retreat will reflect my teaching style which is largely integrative, therefore you can expect daily sessions of **breath-centred Vinyasa Yoga**, the integration of mudras, kriyas and mantras in the pranayama practice, evening **Yoga Nidra** and some optional in depth workshops with the possibility of **one to one work**.*

This retreat is not for you if you are looking for a holiday intended as distraction and sensory stimulation, this is in fact quite the opposite. The teaching schedule is deliberately intense. The aim is to recreate an ashram style experience inspiring an inner journey, self reflection and exploration. Having said this we will be on beautiful grounds and immersed in nature, therefore hikes and swims in the sea are a wonderful opportunity to connect with the elements. Also the community aspect is key, we will practice and resonate with each other's energy and although there will be plenty of opportunities for sharing and connecting, respect of others' privacy and personal journey is essential.





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ACCOMMODATION

The 5 rooms available can be double or triple shared occupancy all with private bathroom and outdoor veranda. In case of a triple occupancy, upon request, the double beds can have single mattresses and individual linens.

FOOD

The detoxifying health benefits of an intermitted fasting lifestyle will be incorporated in the retreat. Brunch will be served at 10.30am and dinner at 6.30pm. All food is vegetarian and home cooked. Coffee, tea and fresh fruit will be available throughout the day. No alcohol will be served.

COST

Early bird £730 by November 30, thereafter £850 per person in double occupancy. If you would like to suggest a triple room formation, I can offer slightly discounted price.

WHAT'S INCLUDED

Accommodation, meals (4 brunches and 4 dinners, plus hot beverages and fruit during the day) and 5 hour+ tuition per day.

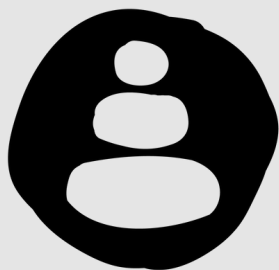
WHAT'S NOT INCLUDED

Flights and transport from/to Cagliari airport (group transfer details will be available closer to the time).

BOOKING AND CANCELLATION

£100 deposit to secure your place payable at your earliest convenience. Early bird balance by November 30. Otherwise, 50% by January 29, balance by April 29. If you need to cancel, I will be able to refund you only if I can fill your spot.





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REQUIREMENTS

Previous knowledge and interest in the practice of Pranayama is essential. Therefore this retreat is not suitable for complete beginners. Please talk to me if you are unsure of your eligibility or to discuss options to prepare for the retreat.

The main prerequisite is a past or current practice, ideally you would have completed at least one year of Pranayama (Sept to July) attending my Sunday class somewhat consistently. A new cycle is starting on September 22, 2024 and I highly recommend you attend as often as you can to build your foundations ahead of the retreat. In person, online or via recordings option are available..

Previous experience of asana (physical yoga) recommended but not essential.

PROVISIONAL PROGRAMME

Thursday - morning flights into Cagliari, then transfer to location and time to settle in.

4.45-6pm afternoon Pranayama

8-8.30pm welcome session / introductions

Friday, Saturday, Sunday

7.30-8.30am morning Yoga practice

8.45-10am morning Pranayama

3.30-4.30 optional afternoon workshop - depending on the day it will be either individual asana/breath clinic or cathartic breath-work (further explanations on these closer to the retreat)

4.45-6pm afternoon Pranayama

8-8.45pm Yoga Nidra or closing session on last night

Monday

7.30-8.30am morning Yoga practice

8.45-10am morning Pranayama

the retreat will end after brunch

transfer back to Cagliari airport for afternoon / evening flights or onward travels for those staying on the island.

I very much look forward to sharing the profound, powerful and transformative practice of Pranayama which has sustained me on my life's journey, as it was passed down to me by my teacher through the Gitananda lineage. 🙏🙏

FOR MORE INFO OR TO BOOK:
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