



WE BREATHE YOGA

PRANAYAMA INTENSIVE SARDINIA RETREAT 4-8 JUNE 2026

After a very successful first retreat this past June, I am very excited to announce next year's dates. The location will be the same and the programme also largely similar. You can find some pictures and reviews on the last page of this document.

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 physical yoga, the integration of mudras, kriyas and mantras in the pranayama practice, evening yoga nidra and some time for 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. The beds 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 £770 by November 30, thereafter £890 per person in double occupancy. If you would like to suggest a triple room formation, I can offer slightly discounted price.

WHAT'S INCLUDED

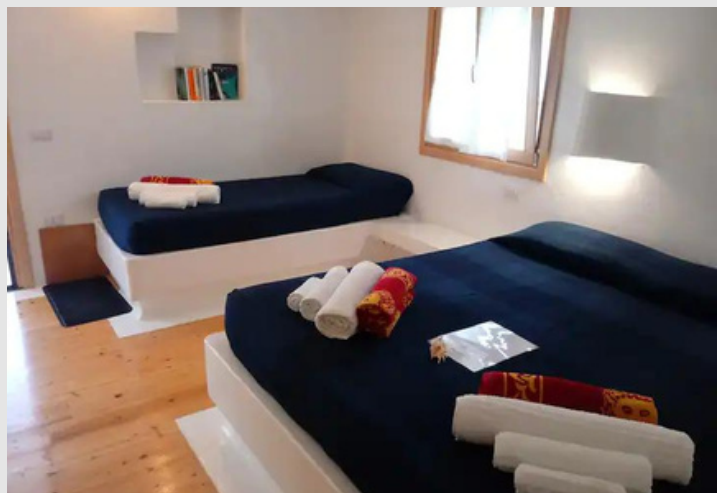
Accommodation, meals (4 brunches and 4 dinners, plus hot beverages and fruit during the day) and 5 hour+ tuition per day.

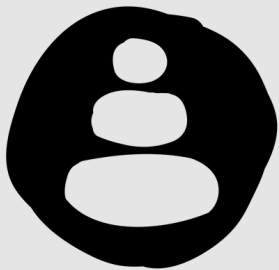
WHAT'S NOT INCLUDED

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 30, balance by April 30. 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. 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 October 5, 2025 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. Please talk to me if you are unsure of your eligibility or to discuss options to prepare for the retreat. Previous experience of asana (physical yoga) recommended but not essential.

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 afternoon Pranayama (usually a kriya or relaxation based practice)

4.45-6pm afternoon Pranayama

8-8.30pm Yoga Nidra / Meditation 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:
webreatheyogalondon@gmail.com



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2025 RETREAT REVIEWS

'Intense and challenging at times, the retreat also offered opportunity to reflect and was a rich, rewarding experience thanks to Sara's meticulous and thoughtful preparation and attention to detail. As a teacher, Sara is inspirational - her passion for pranayama, her deep knowledge and love for it shine through in her practice. Her approach is always caring, clear and well paced. At the end of the retreat I felt energised yet relaxed, lighter and enriched - and will certainly continue along this path. Thank you Sara, immensely and eternally grateful!'

'This was my first retreat ever and it exceeded my expectations in every way. The intensity of the practice was at times challenging - in a positive way. I felt I could safely push beyond my comfort zone under Sara's attentive guidance and always had options to fall back on if necessary. The experience has broadened and deepened my understanding of breathing techniques and I am now more confident about using them in my own practice. The venue and the surroundings were beautiful and very comfortable, the hosts warmly welcoming, and the brunch and early dinner regime left time for daily trips to the beach and evening walks, which made the days seem longer... Group members were committed and supportive and I enjoyed getting to know some of the people I've practiced with but had not had a chance to spend time with outside class. I left feeling both lighter and more grounded, and have vowed to make time for more Pranayama, more swimming, and more Sardinia in my life.'

'The retreat was everything I had expected and much more. The programme and the structure of the day, the level of teaching and the attention to detail, the setting and hosts and, of course, the group, had made this experience enriching, rewarding and very enjoyable.'





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2025 RETREAT REVIEWS

'An amazing retreat and reset for mind, body and soul. Sara has organised a unique opportunity to dedicate focused time for breathwork, which I immediately felt the effects of from day 1 and am still feeling the glow of after the retreat. The programme is intensive and geared towards dedicated practitioners, but there is also lovely moments to connect with the group over meals and time in nature. The retreat location itself, the hosts, the environment and meals they offer are welcoming, inspiring, and nourishing. The retreat (my first!) far exceeded my expectations!'

'This retreat was in such a an idyllic location, I thought it would be hard to focus. But Sara had many surprises in store. She took us through the most astonishing breathing practices, many of which I will incorporate into my daily living. The retreat certainly surpassed every expectation.'

'Imagine waking up every morning to see the sunrise, have a dip in pristine waters and then being taken on an amazing Pranayama journey for the rest of the day. It was a magical experience and the most welcoming way to deepen the practice. An intense programme, perfectly delivered by Sara: her love for teaching and sharing her knowledge shines through. A stunning location with warm and hospitable hosts. To be repeated!'

'For someone who attended Pranayama classes on a weekly basis for over a year with rarely practicing at home, the ideal environment at the retreat, combined with the added focus and positive intensity was remarkably rewarding and clearly raised my practice to another level. In addition, some of the new "exclusive" learnings provided deeper experiences and awareness. Downtime was highly enjoyable too, perfect weather, beautiful setting, tasty wholesome veggie food, heartwarming hosts, and great company. Feeling very grateful to have taken part in this beautiful journey, both inside and out 🙏.'

