

**Transformative Yoga Residential
In Southern India
Dates: 7-11th November
Cost: £350**



Join our 5 day Transformative Yoga (Yin-style) residential where we integrate Pranayama, Koshas, Chakras and Bandhas to facilitate the holding of postures, deep meditation and an accelerated journey to Samadhi experiences. This residential will be held in Varkala, Southern India and forms part of our Inner Fire teacher training or additional training for qualified teachers and experienced students of Yoga. Enjoy sunset meditations, local culture and cuisine, soaring eagles and sitting under the shade of coconut trees. We will study and practice from 6.30am – 1pm and 4-6.30pm (with breaks) including some individual or group learning with full instructor support.

Cost includes all meals + shared accommodation, although private rooms will be available at a reasonable extra cost. You will arrange your own flights to Thiruvananthapuram (Trivandrum), travel insurance and vaccinations and we can arrange taxi transfers to our course centre (@£20).

Yoga tuition will be with Deyna (Devi Kanya), a Hatha Yoga Master qualified in Transformational Yoga, as inspired by Swami Vidyanand and the Integral Yoga of Sri Aurobindo.

To reserve your place, email deyna@innerfire.org.uk or message me through Facebook: InnerFireDeyna

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