

Yoga and Thai Massage

Place: Roccagorga, Latina, South-west Italy

Dates: 21st-28th May

Cost: 700 euros or £600



Come alone, or bring a friend, relative or partner to learn the ancient art of Thai Yoga massage + enjoying 2 Yoga / Meditation sessions a day for your individual development.

Thai Yoga Massage is 'like having Yoga done to you' and is fully clothed: we work with pressure points, stimulating and flexing muscles and joints – it gives the masseur a physical and meditative workout; it relaxes, calms and re-energises the receiver – an amazing experience! You will have chance to give and receive a massage each morning, learning the basics to take home with you. Fabrizio is an experienced practitioner and trainer of Thai Yoga massage and will be your expert facilitator and local guide for the week.

Our Yoga will be accessible for everyone, enjoying a variety of styles from Dru flow, Sivananda strength and Transformational healing Yoga. There will be an early morning session with meditation and a late afternoon/early evening one for you to progress and rejuvenate mind and body. If the weather is kind we will be outside on the beautiful lawn to practice. Deyna is a Yoga Master and Meditation teacher merging eclectic styles from her many years of training.

Afternoons will be free to explore the beautiful surroundings or relax with a post-lunch siesta. There is plenty of walking; horse-riding is available; there is Monte Nero to climb; museums and churches to visit. If you want a personal Thai massage or Yoga Healing session these will also be available for an additional fee.

Accommodation is in a room shared with one other person at 'il tempio dei templari' hotel in Roccagorga, south-west Italy. Food will be vegetarian and 3 meals a day are included in the cost (drinks extra).

Flights are to Rome (not included) and transfer by taxi or train to Roccagorga, a journey of @1.5 hours. We can advise if anyone else is arriving on your flight to share a taxi cost.

Cost: 700euros or £600 to include all Thai Yoga massage and Yoga sessions, accommodation, food. You will need to book your own flights and transfers + bring a Yoga mat and a blanket.

For further information or a booking form, please email deyna@innerfire.org.uk or message me through Facebook: InnerFireDeyna

Scroll down for pictures of the hotel and local area

