

15TH - 20TH SEPTEMBER 2019

Yoga Sup Sup-Yoga

Special Retreat On Garda Lake
MALCESINE

A week dedicated to pure relaxation, fun
and wellness.

Every day one or two yoga practices
(Hatha, vinyasa and a couple of times we will also
meet yin yoga), we will approach to the SUP (stand Up
paddling) and we will go deeper with Sup - Yoga.

An experience to live, at least once in a lifetime.

A retreat, a vacation, wellness and fun guaranteed!

We will be guests of the 4-star **Residence Hotel Panorama**,
equipped with an Olympic-size swimming pool, tennis courts,
children's playground and SPA.

For water activities we will be hosted by the **Wwwind Square** school
in Malcesine, they offers the best equipment for water activities, a 100
sqm terrace with lake view, free beach and "Le Morettine" Gourmet
Bar / Restaurant with different menus every day.

Every one can arrange a painting course with Sibylle of Panorama
Hotel and others water sport courses with Wwwind Square.

PROGRAM:

- 7.30 YOGA PRACTICE
- 9.30 BREAKFAST
- 11.30 WATER ACTIVITIES
- 14 LUNCH
- FREE TIME
- 17.30 YOGA AND MEDITATION
- 19.30 DINNER
- 21 YOGA NIDRA

PRICE STARTING FROM 690 EUROS INCLUDES:

- ROOM AT THE HOTEL PANORAMA WITH BREAKFAST,
- EQUIPMENT RENTAL AT THE WWWIND SQUARE SCHOOL
- ONE MEAL PER DAY (LUNCH OR DINNER)

More info: elisayogagardalake@gmail.com



YOGA

Yoga classes every morning at Panorama hotel terrace and in the evening at Wwind Square school terrace. Both with lake view! Hatha and Vinyasa Flow Yoga in the morning and Yin yoga, Yoga Nidra and Meditation in the evening.

SUP

Stand Up Paddling is a water sport for everyone and everyone now do it! A unique experience to discover new wonders of Garda lake from different point of view.

We can discover the SUP with "Stand Up Paddling Course" and "Castle Sup Tour with aperitif".



SUP – YOGA

Stand Up Paddling and Yoga have much in common. Both practice are invigorating, strengthening, and demand balance, focus, and a searching for inner peace. Deep connection with the water element and deep yoga practice for your body and mind.



HOTEL RESIDENCE PANORAMA VIEW

