

SAN FANTINO

Azienda Agricola e Locanda
San Giovanni a Piro (SA)
www.sanfantino.com

YOGA RETREAT WITH SAMANTA DUGGAL From the 3rd to the 7th of May



Following the success of last year Locanda San Fantino is hosting the second Yoga retreat with Samanta Duggal, an established yoga teacher from India doing her first seminars in Europe.

As some of you may know, we are located in one of the most enchanting and beautiful parts of the Cilento National Park close to the Mediterranean Sea. This is a home-from-home for people who love beauty, food and tranquility.

This retreat combines an outstanding yoga teacher with breathtakingly beautiful places, great comfort, delicious and healthy food.

Yoga offers health and mental benefits to everyone; our retreat with its workshop style approach is created to deepen your individual understanding. *Beginners are welcome.*

About Samanta

Samanta has been teaching yoga for the last 9 years having been a dancer for 10 years prior to that. Her initial foray into yoga was a classical Hatha yoga practice with the Sivananda yoga teacher training, followed by Iyengar, Bihar school, Vinyasa as well as Yoga Therapy trainings. Her style is therefore an eclectic mix of the classical alignment based yoga with an energetic flow of Vinyasa. In addition to this she has training from the Krishnamacharya Yoga Mandiram in Vedic chanting, which has led her to combine the use of sound with yoga postures, or to just independently use these techniques to improve her students' breath and prana. She believes the true mantra of yoga is regular disciplined practice or *sadhana*.

Having studied various forms of bodywork, Thai body work, Ayurvedic massage and reflexology, her classes are often interactive, involving partner yoga and an approach to learn from each other. She teaches in Mumbai, India, at the YogaSutra studio as well as privately and conducts yoga and massage workshops throughout India. (see www.samantaduggal.com)

Massage Therapies

Samanta is adept in Thai body work, a combination of acupressure, gentle yoga stretches and reflexology, cranio-sacral biodynamics, harmonics and joint manipulation to release deep seated stress in the muscles, joints and the energy of the body; hence inducing relaxation. 60 and 90 minutes treatments available by appointment at additional cost, advance booking advised.

Vegetarian Detoxing Cuisine

Our well balanced, imaginative and delicious food is based on Mediterranean flavours and is freshly made from locally grown organic produce, combining a healthy balance of raw and cooked ingredients. In addition we provide every day a soup made with wild medicinal herbs which have amazing detoxing properties.

Leisure time

There are mountain walks, trips to nearby beaches, exploring local towns etc.

Logistics

We will pick you up at Naples airport on the 2nd of May, We will take you back there on the 8th of May. That unless you wish to drive here.

Prices

Euro 990 for shared room

Euro 1,390 for own room

Prices include pick up/delivery from/to airport, all meals excluding alcoholic drinks.

Contacts and info:

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For more information about the venue please look on www.sanfantino.com