



10-Day Yoga Retreat with Louie Ettling France, June 2-12, 2010

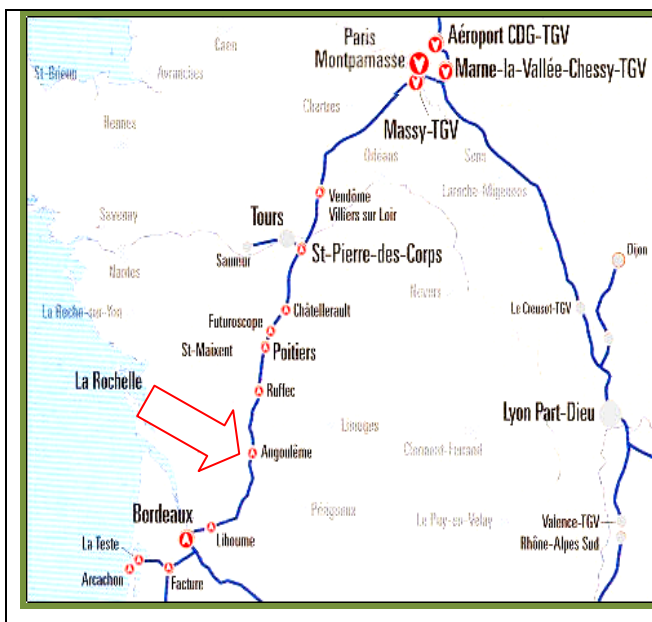
organized by Marlene Conway and Connie Wigmore

A yoga retreat in France's countryside, at Les Passeroses, 100 km from Bordeaux, near the town of Angoulême, Charente. www.passeroses.com

Participant Costs: \$1950, including workshop, board, and room.

(Students must have a minimum of six months Iyengar yoga experience.)

Transportation costs not included.



Owned by former chef Alex and his partner, Adrian. Expect excellent vegetarian meals. (One meal out during mid-stay)

The Space: The 65sqm barn has been renovated with Yoga specifically in mind. With its fantastic high beamed ceiling, solid oak floor and views across the countryside. The barn can comfortably accommodate up to 15 people for yoga. Equipment provided.

Accommodation: Boutique hotel quality. Two people per room, twin beds, ensuite bathrooms, one triple bedroom. Outdoor pool (towels not provided), bicycles available.

Payable now: \$100 non-refundable deposit to Connie Wigmore cwigmore1@shaw.ca

Mail to: #102-611 West 13th Avenue, Vancouver, BC, V5Z 1N8

Balance due in two instalments: Feb. and March, 2010. Please confirm with organizers before booking flight, as workshop is contingent upon sufficient number of students signing up.



FRANCE 2010: IYENGAR YOGA with LOUIE ETTLING
Ten Days: June 2-12 at Les Passeroses, Angouleme, Charente, France

\$1950.00 Canadian, based on shared accommodation



Louie Ettlign

Louie Ettlign is the Director of The Yoga Space in Vancouver (www.theyogospace.ca) and an internationally certified Iyengar Yoga teacher. She has regularly studied with B.K.S. Iyengar and his family in Pune, India, and passed five of Iyengar Yoga's demanding teaching qualifications. An active participant in the Canadian Iyengar Yoga community in Canada, Louie is involved in training Iyengar Yoga teachers. She loves Iyengar Yoga's dedicated focus on the conscience of the body and believes that yoga supports us to be intelligent, wholehearted integrated bodies. Her classes are energizing, and both serious and humorous.

Iyengar Yoga is a systematic method of Hatha yoga promoting wholeness through traditional yoga asanas (postures) and pranayama (breathing techniques). Developed by Yoga Master B.K.S. Iyengar, Iyengar Yoga brings the body into balance through increasing mobility, endurance, stability and alignment. In Iyengar Yoga, poses are adapted to the needs of individual students.

DAILY SCHEDULE:

- 07:30 to 08:30 sitting and pranayama
- 08:30 to 10:00 small breakfast/break
- 10:00 to 12:00 asana class (progressively building)
- 12:00 to 14:00 lunch/break
- 14:00 to 16:30 asana class (inversions and hip work)
- 16:30 to 17:00 tiffin
- 19:30 to 20:30 dinner

For more information or to book a place, please contact Connie Wigmore (cwigmore1@shaw.ca)