

Body & Mind Reset

an exceptional yoga holiday

Practice Play Move Liberate

10 days on the beautiful Island of Sardinia, Italy

2 – 11 Jun 2023

960€



Day 1: Welcome

This day is dedicated to getting everyone settled in and comfortable

1h Kirtan Practice

Drinks & sharing

Overlook at the weeks program. Questions, concerns & requests

Local knowledge, beaches, bike hire, car rental etc

Day 2 :Embracing the present.

This first day will help you align yourself with all that is : The present

1h Morning Dynamic Vinyasa class

1h Spiritual guidance : The universe, its rules and our place

1H Evening Vagus nerve reset (A special slow movement experience)

Day 3: Letting go of that which is out of your control

Learn where your body stores stress and how to release it.

1H Morning Dynamic Vinyasa class

30min Spiritual guidance – How to spot the signs of overload before burn-out

1H Evening Fascia Reset – The mind and body connection

30min Study of the Endocrine system

Day 4: Find excitement in challenges

Whether daily, old or new challenges, we explain how to approach them from a yogi perspective

1H Morning Dynamic Vinyasa class

30min Discours on lifes challenges and generating coping mechanisms

1H Evening Hatha class

1H Developing positive challenges to increase mental and spiritual growth

Day 5: Metabolize body stress

Activation of the hypothalamic–pituitary–adrenal axis

1H Morning Movement workshop

30min Pineal/Pituitary gland meditation

1H Regulating body functions : Metabolism, growth, reproduction, & blood pressure

Day 6: Immerse yourself in Maya

[Dreaming the dream of Maya. Music and magic, facts and fiction. A tale of beauty](#)

1 Morning Pranyama class

30Min Dhayna Techniques

1H Evening Gentle Somatic movement

30min Yoga Nidra : Deep psychic sleep

Day 7: Build resilience

[Techniques of a Yogi warrior](#)

1H Morning Dynamic Vinyasa class

30min Deconstruction negative thoughts and mindsets

1H Evening Dynamic Vinyasa class

1H Spiritual guidance for power : Constructing a peaceful warrior

Day 8: Creating intention to make space for the new

[How to create and live mindful intentions](#)

30min Morning Intention Practice

1 H Dynamic Vinyasa class

1H Evening Yin Yoga

30min Sealing the stamp of Intention

Day 9: Generating bliss and holding on to it.

[After the full Mind & Body Reset we will show you how to hold on to the lasting benefits](#)

1H Morning Dynamic Vinyasa class

1H Evening Fascia workshop

30min Recap of the weeks techniques

Day 10 : Saying goodbye

[1H If time permits we will do a final session](#)

Airport Drop-offs

