

Eyal Chehanowski

14 - 18 November 2018



Eyal began his yoga career in New York before travelling the globe to study and train with renowned masters in India, Kiev and London. He has established two leading yoga studios in Tel Aviv, Israel, and is qualified as a therapist in Structural Integration (Rolfing) technique. He brings more than 20 years' experience and specialist knowledge.

Structural integration body work and yoga is a unique approach which allows the potential for shifts at the level of mind and body. Structural integration body work will create a myofascial physical change which combined with yoga education and movement reinforces improved posture, range of movement and to embrace our full potential.

Program structure :

- Day 1: Immersion. Focus on flow, stretching and stillness
- Day 2: Grounding. Focus on legs and forward bending
- Day 3: Inner strength. The focus on arms and core
- Day 4: Expansion. The focus on back bending and the power of the mind
- Day 5: Integration. Processing the profound changes in our body and mind

Daily Program:

Arrival Day: after settling in and having the opportunity to explore the property and grounds, evening yoga session featuring Mahakala vinyasa flow, static stretches and yoga nidra to promote stillness and relaxation

8-10am morning yoga combines Kriya (cleanse) with mahakala power vinyasa flow. Class includes dynamic flow, pranayama (breath work) promoting strength, balance and inner calm.

5-7pm evening yoga combining power vinyasa (back bending) that works on strengthening both the peripheral and core muscles. This incorporates teaching on deep meditation and pranayama

Departure Day: 8-10am morning yoga. Enjoy a final cleansing, movement and breathing session before breakfast and the opportunity to capture the beauty of Provence and Chateau La Coste.

Retreat overview and inclusions :

- 4 hours daily yoga in group retreat program with Eyal Chehanowski
- 1 structural integration with Eyal Chehanowski session per guest during the retreat stay
- 1 Spa treatment 60-minute per guest at The Spa Villa La Coste
- Airport transfer (Marseille) to and from property
- Accommodation and all meals and refreshments (excluding alcohol) at Villa La Coste

Cost: from: 06 - 10 June EU 5,100 (single) 6,400 (double)

From: 14 - 18 November EU 4,300 (single) 5,600 (double)

For further information, please contact our Spa: spa@villalacoste.com

