



# Ashtanga Yoga & Ayurveda

## Retreat

**Lucy Crawford with Ramona Rouhdoust**

**Week 1 April (arrive 24th) Yoga, 25th - 29th (depart 31st)**

**Week 2 May (arrive 1st) Yoga, 2nd - 6th (depart 7th)**





## AYURVEDIC COOKERY

On request:

Connect more deeply to your body through ayurvedic cooking!

**Lessons with Francesca:-**

You'll learn foundations of Ayurveda and enjoy a sattvic typical ayurvedic dish!!

Cost; 20 euro



  
Sankalpa  
sicily



# Yoga Retreat Details

## Accommodation & Delicious food - by Francesca

### Meals are included in the price of accommodation

Francesca creates beautiful Culinary delights based on Ayurvedic principles.

Please go to the website to explore the various accommodation options, and for booking. 50% deposit required.

(due to pandemic Francesca has kindly agreed to refund in full if travel is not possible due to new Covid restrictions on travel. Greatly appreciated by all, I'm sure!)

**Prices range Per week from Euro 660 - Euro 1000  
for accommodation and delicious food!**

[www.sankalpasify.com](http://www.sankalpasify.com)

## Yoga with Lucy Assisted by Ramona

### Morning Practice (Monday - Friday - 5 days / 10 Days)

Guided and Assisted Practice based on the Ashtanga Vinyasa Method, but with space for detours and playful explorations. Individual guidance.

**Assisted by Ramona Rouhdoust who will also teach the first class 25th April).**

### Yoga: Afternoon Practice (Monday - Friday - 5 days / 10 days)

(Alternating Lucy and Ramona)

**Lucy** will share her Somatic Explorations to help access more specifically areas of tightness in the body tissue field and with restorative work interwoven into the fabric of the class and then a lovely Savasana.

**Ramona** will share some Pranayama, for health and wellbeing, aimed at increasing the Prana, strengthening the lungs and calming the nervous system; and then Ramona will share some Chanting (which makes her happy!).

**Price for Yoga £320 per week, (includes am & pm sessions).**

**If you do both weeks, reduced price £280 per week.**

[www.lucycrawfordyoga.co.uk](http://www.lucycrawfordyoga.co.uk)

## Ayurvedic Massage with Prasanth Sasi

**Prasanth** practices Ayurveda in Rome and will attend the retreat from the 26th - 29th April 2022. Ayurvedic Massage is based on ancient Indian principles of Ayurveda and pressure points, designed to heal the body and create a balance between mind, body, and spirit.

<https://www.corpoepsiche.com/ayurveda>

## Ayurvedic Massage with Rosanna at Sankalpa

Appointments available on request for Ayurvedic massage with Roesanne, Shiatsu with Ramona, & Craniosacral Therapy with Lucy available for both weeks.

**Charged at Euro 75 per session booked with and paid to therapist**