

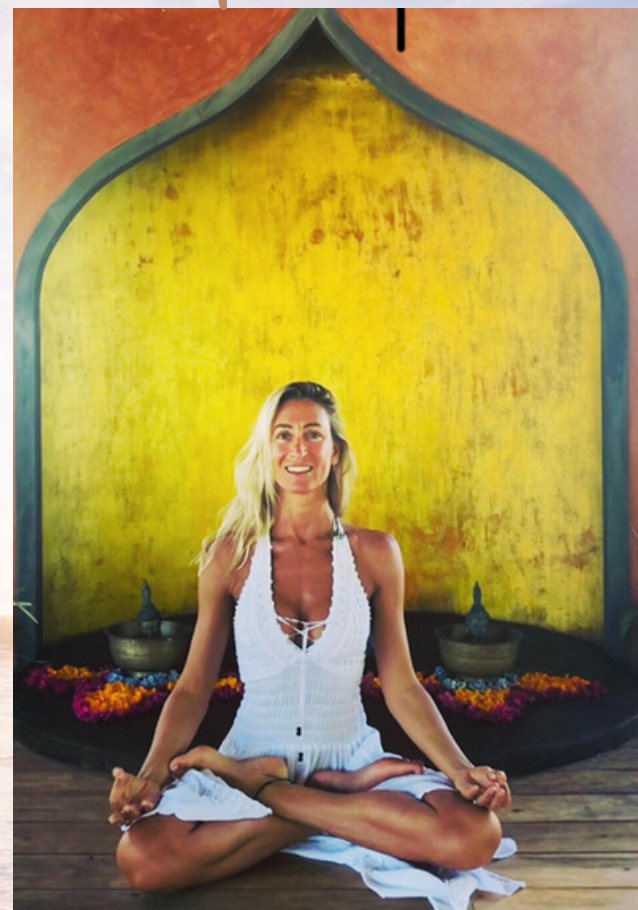
Yoga by the sea

Enjoy, Strenght and Align

Nicaragua

6 Days and 5 nights

April 30 to May 5, 2024



Yoga Retreat

Enjoy, Strengthen
and Align

What is Included:

Meals included (please advice if food allergies)

Yoga morning:

breath work + meditation (20 min) +Hatha /Vinyasa

Yoga evening:

YIN or Stretch & Mobility or combined

Workshops:

Breath-work (to improve your health, your posture & your practice)

Alignment + how to deeper in your poses + how to modify for your specific needs

1 (60) Minute Massage

Bonfire

What is Extra:

Airfare

Surf Lesson (tailored specifically for your needs)

Temezcal & Cacao Ceremony

Tour to San Juan del Sur

Private classes with Dany 50% off !

(Instead of \$150 only \$75)



Yoga
Retreat

Verdad Views:

