

# YOGA RESIDENTIAL RETREAT



12<sup>th</sup> - 17<sup>th</sup> March 2021

Lower Largo, Fife

**Teacher: Annamaria Sacco – Body Symphonies**

*Join us for a holistic retreat on the beautiful Fife coast that will nourish your body, mind and soul.*

A highly experienced and warm-hearted teacher, Annamaria skilfully weaves aspects of yoga philosophy and physiology into her asana and pranayama classes. Along with delicious and nourishing food, you are guaranteed to leave this retreat feeling on top of the world.

We aim to create a friendly and welcoming environment for everyone. You'll also have time to yourself for quiet reflection. Take a walk along the coast, enjoy the beautiful beaches and wide-open skies, or chill out with a book in the luxury accommodation. If you're feeling brave you can even take a dip in the sea.

If you're a foodie, this is the retreat for you. On retreat we nourish ourselves both through practice and diet. Using local, seasonal produce we cook delicious meals together, all vegetarian and often gluten-free. We can cater for some allergies and intolerances.

The retreat is located in an impressive historic building by the sea, converted to offer a modern and spacious venue for yoga and relaxation. Accommodation is in comfortable twin rooms, most of them ensuite.

**Level:** Two years of practice expected.

**Cost:** £590 or £535 if paid before 31<sup>st</sup> July. Single room supplement £120. Limited single rooms.

**Arrive:** evening of Friday 12<sup>th</sup> March 2021. **Depart:** morning of Wednesday 17<sup>th</sup> March.

**Format:** Three classes per day. Three vegetarian meals per day plus dinner on arrival, and breakfast and one class on the last day. Departures by 10am. Maximum of 19 participants.

**Travel:** A short train or bus journey from Edinburgh. We can pick you up from the station.

## About Annamaria Sacco

Annamaria started practicing Iyengar Yoga in 1991. She is a Junior Intermediate 3 teacher (2010) and has been teaching yoga full time for nearly 20 years. Her inspirations are: Firooza Ali Razvi, her main teacher for the past 14 years; Christian Pisano, with whom she attended teachers' seminars in France and the UK over the years; and in recent years David Meloni, with whom she studied in Scotland. Over the years Annamaria has studied with several fantastic senior Iyengar yoga teachers in the UK, as well as in Mumbai, and with the Iyengar family in Pune. She owns and directs her own studio, Yoga Stable in Edinburgh. Annamaria is a registered craniosacral therapist (diploma from CCST London). She has also completed the foundation course in Core Process Psychotherapy with the Karuna Institute in Devon.

Download this form online at [www.bodysymphonies.co.uk/wp/retreats/](http://www.bodysymphonies.co.uk/wp/retreats/)



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## Registration for YOGA RESIDENTIAL RETREAT FIFE 2021

Name	
Address	
Email	
Yoga Experience	
Health Issues	
Date	The total cost is <b>£590</b> or <b>£535</b> if paid before 31st July 2020. Add £120 for a single room
Deposit due now	£200, by bank transfer Use <b>FAS21</b> as a reference, followed by your surname.  Sort code 835100 Account number 10435683 Bank RBS Account name Annamaria Sacco
Balance due by	<b>29<sup>th</sup> January 2021</b>

Email this form to [retreats@bodysymphonies.co.uk](mailto:retreats@bodysymphonies.co.uk) or post to the address below. **Terms &**

### Conditions

The deposit is non-refundable unless you can find someone to take your space, or if we have someone to replace you on the waiting list.

