

YOGA RESIDENTIAL RETREAT



29th Oct to 3rd Nov 2022 (five nights)

Lower Largo, Fife, Scotland

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 skillfully weaves aspects of yoga philosophy and physiology into her asana and pranayama classes.



We aim to create a friendly and welcoming environment. You'll 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 the 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 house 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: full price £635 / early bird price £575 if deposit is paid by 31st Jan 2022. Single room supplement £130. Please note that single rooms are limited.

Arrive: evening of Saturday 29th October. **Depart:** by 10am on Thursday 3rd November.

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

Travel: Lower Largo is about an hour and a half from Edinburgh by car. The nearest train station is Kirkcaldy. We can arrange transport from the station on arrival for a small additional cost.



YOGA RESIDENTIAL RETREAT



About Annamaria Sacco

Annamaria started practicing Iyengar Yoga in 1991 and became an Iyengar yoga teacher over 20 years ago, reaching Level 3/mentor level. Over the years Annamaria studied with several senior Iyengar yoga teachers all over the world, as well as the Iyengar family in Pune, and completed a three-year remedial yoga course. Her main inspirations in Yoga are Firooza Ali Razvi and Christian Pisano. The way Annamaria teaches now, although rooted in the Iyengar tradition, has moved away from it to embrace her own practice, what her students have taught her, as well as her own life experience and how Yoga has been woven throughout. Her teaching voice focuses on encouraging an individual spirit of listening, of enquiring, of feeling through the body to reach the soul. Her main teaching ambition is to foster independent, feeling, discerning spirits.

Annamaria is also a craniosacral therapist and has studied core process psychotherapy.

Registration for YOGA RESIDENTIAL RETREAT FIFE 2022

Name	
Address	
Contact Phone no	
Email	
Yoga Experience	
Health Issues	
Date of registration	
Cost	Full price: £635 or Early Bird £575 if deposit paid by 31st Jan 2022 Single room supplement: £130
Deposit due now	£200 by bank transfer. Please use FAS22 as a reference, followed by your surname. Sort code: 835100 Account number: 10435683 Bank: RBS Account name: Annamaria Sacco
Balance due	Ten weeks before the retreat: 20 th August 2022 Terms & Conditions The deposit is non-refundable unless you can find someone to take your space, or if we have someone to replace you from a waiting list.

Please email this form to retreats@bodysymphonies.co.uk or post to the address below.

Annamaria Sacco ~ www.bodysymphonies.co.uk retreats@bodysymphonies.co.uk ~ Tel: +44 (0)7818 553 788
Body Symphonies, 6.11 St Margaret's House, 151 London Rd, Edinburgh EH7 6AE

