

# CREATIVE EMBODIED SOULFUL RETREAT



23rd March to 28th March 2024 (5 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 skilfully weaves aspects of yoga philosophy and physiology into her breath and movement and yoga and classes. We will also explore Writing and Drawing as Resources for Well -Being, as routes for reconnecting to ourselves, as well as playing with responding spontaneously to what calls us as a way of tuning into our inspiration, intuition and imagination, learning. You may join in all of this, or simply use the time and space to explore, rest, have interesting conversations or silence or anything in between.



We aim to create a friendly and welcoming environment. You'll have time to yourself for beautiful reflection. Take a walk along the coast, enjoy the glorious beaches and wide-open skies, or chill out with a book in the luxury accommodation. If you're feeling brave you can take a dip in the sea. Annamaria will be happy to suggest/join in walks in the local area.

Depending on dates, at this time of the year, a trip to the Isle of May is something truly special to possibly add on to the experience. Depending on numbers of participants wishing to join in, Annamaria can arrange for a group booking and payment separately. The season starts on April 1<sup>st</sup>, but maybe if the group is big enough they may consider a request.

Using local, seasonal produce we cook delicious meals together, all vegetarian and often gluten-free, we mainly use sheep product if using dairy. We provide breakfast and dinner.

Lower Largo has a lovely Community Café called The Aurrie and a hotel called The Crusoe.

The retreat is located in an impressive house by the sea, converted to offer a modern and spacious venue for yoga relaxation and creative endeavours. Accommodation is in comfortable twin rooms, most of them ensuite or with one bathroom shared between two rooms.

**Yoga and movement level:** Open to all

**Cost:** Single room £790. Twin rooms: £650 per person. Please note that single rooms are limited and are offered on a first come first served basis.

**Arrive:** evening of Saturday 23<sup>rd</sup> March **Depart:** from 10am on Thursday 28<sup>th</sup> March.

Maximum of 13 participants.

**Travel:** Lower Largo is about an hour and a half from Edinburgh by car. The nearest train station is Kirkcaldy. We can put you in touch with other participants for transport share to reach the venue nearer



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the time.

## About Annamaria Sacco

Annamaria started practicing Iyengar Yoga in 1991 and became an Iyengar yoga teacher around 25 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, with whom she studied yearly for 18 years and Christian Pisano. Annamaria was Firooza Ali Razvi's organiser and UK tour coordinator during that time. The way Annamaria teaches Yoga now, is rooted in the Iyengar tradition and reflects how Yoga and Craniosacral therapy over the last 20 years have become woven together in her own embodied practice. Her teaching voice focuses on encouraging an individual spirit of listening, of enquiring, of feeling through the body to reach deeply within. Her main teaching ambition is to foster independent, feeling, discerning spirits. Curiosity and enquiry are big inspirations for her.

Annamaria is also a craniosacral therapist and has studied core process psychotherapy and other specialised trainings over the years in the field of pre and perinatal psychology and embodiment. In 2020 Annamaria joined Leith School of Art and won the Drawing Course Award in 2021. In September 2021 she hosted her first solo exhibition 'Finding Roots in Water' at St Margaret's house, Edinburgh. Also in September 2022 Annamaria published her first collection of poetry and other works. She is currently working on another exhibition and book. In 2022 she became one of the founding members of Yoga Collective, now Studio 6.02 Edinburgh, also located in St Margaret's House. She is a supervisor in training with CSTD London.

## Registration for RESIDENTIAL RETREAT FIFE 23<sup>RD</sup>-28<sup>TH</sup> MARCH 2024

Name	
Address	
Contact Phone no	
Email	
Yoga Experience	
Health Issues	
Date of registration	
Cost	Full price: <b>£650 Twin room. Single room £790</b> . See terms and conditions below. Non -refundable deposit at time of booking £250. Balance due by 10 <sup>th</sup> February 2024.

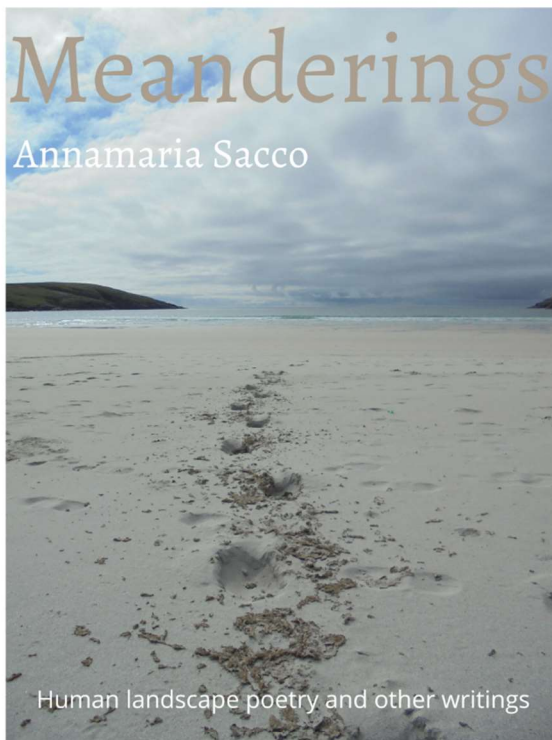


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Deposit due now	by bank transfer. Please use <b>FASMAR24</b> as a reference, followed by your surname. Sort code: 835100 Account number: 10435683 Bank: RBS Account name: Annamaria Sacco
Balance due	By 10 <sup>th</sup> February 2024 <b>Terms &amp; Conditions</b> 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](mailto:retreats@bodysymphonies.co.uk) or post to the address below.



**Meanderings** can be bought directly from Annamaria for £12 plus P&P

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