

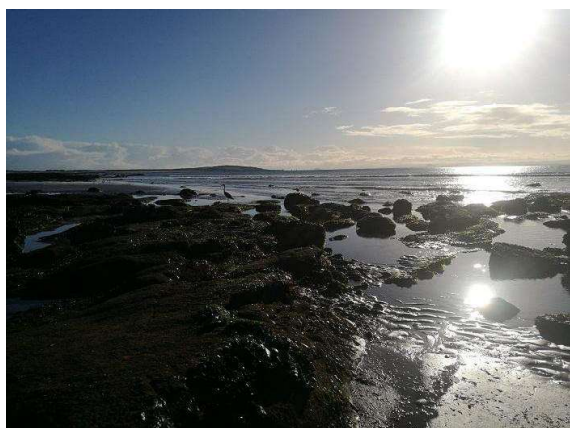


Yoga Retreat

20th November to 25th October 2026 (5 nights)

Lower Largo, Fife, Scotland

Teacher: Annamaria Sacco – Body Symphonies



Join us for a yoga and movement 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 the world of sound, to find our own inner harmony as well as discover aspects of ourselves we may not quite know until we explore sound.

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 take a dip in the sea. Annamaria will be happy to suggest walks in the local area.

Using local, seasonal produce we cook delicious meals together, all vegetarian and often gluten-free, we mainly use sheep product if using dairy. All meals are provided.

The retreat is 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 £840. Twin rooms: £720 per person.

Arrive: evening of Friday 20th November Depart: from 10am on Wednesday 25th October.

Maximum of 13 participants.

Craniosacral Therapy appointments available: 7 slots to be booked and paid for separately.

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 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 who she studied yearly for 18 years and Christian Pisano. Annamaria was Firooza Ali Razvi 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 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 enquiring, curious spirits.

Annamaria created and run her own Yoga and Therapy Studio, Yoga Stable, in 2004, has been one of the founding members of Yoga Collective in 2022 and Studio 6.02 Edinburgh in 2023.

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. She graduated in Supervision with CSTD trainings in 2025.

Registration for RESIDENTIAL RETREAT FIFE 20th-25th November 2026

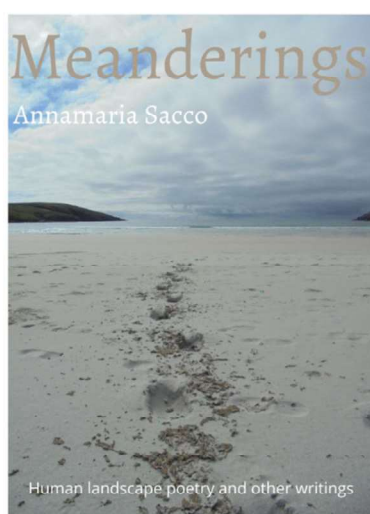
Name	
Address	
Contact Phone no	
Email	
Yoga Experience	
Health concerns	
Date of registration	





Cost	Full price: £720 Twin room. Single room£840. See terms and conditions below. Non -refundable deposit at time of booking £250. Balance due by 6th September 2026. Deposit will be refunded so long as we have a cancellation list, or you have someone to replace you, minus 10% administration fee. Also please note, that the retreat has no cancellation insurance as we have not been able to find an insurer for it, therefore, after September 6th, there are no refunds and the retreat relies on community spirit should anything major or unexpected outwith our control happen last minute. Nothing has ever gone wrong, but due to how our society works, this point is important to clarify as it may or may not change how you feel about coming. Please feel free to contact Annamaria if you need a conversation to clarify this further.
Deposit due At time of booking	Payable by bank transfer. Body Symphonies Lloyds 30-99-50 28596262 account number. REF: Your SurnameFIFEANN2026

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



Meanderings may be bought directly from Annamaria for 12£ plus P&P, a few copies of the first print run left

