

RETREAT - YOGA NIDRA  
DISCOVER  
THE AMAZING RESOURCES OF  
"THE YOGIC SLEEP"



Quinta das Águas Calmas  
Boliqeime, Portugal  
[www.casadasaguascalmas.com](http://www.casadasaguascalmas.com)

In the spectacular mountains of the Algarve  
close to the sea

SATURDAY 6. JULY TO SATURDAY 13. JULY



PROGRAM :

- 07:30 - 08:30 Integral Hatha Yoga
- 08:45 - 09:45 Breakfast
- 10:00 - 13:00 Yoga Nidra Workshop (theory & practice) or Forest Yoga
- 13:00 - 14:00 Lunch
- 14:00 - 16:00 Break
- 16:00 - 19:00 Yoga Nidra Workshop (theory & practice)
- 19:00 - 20:00 Dinner
- 20:00 - 21:30 Restorative Yoga or program on the beach or free time /  
first evening - opening session, last evening - closing session

**Yoga Nidra**, or yogic sleep as it is commonly known, is an immensely powerful relaxation technique and one of the easiest yoga practices to develop and maintain. It is a simple way to reduce stress and has a wide spread application in the management of psychosomatic, cardiovascular and chronic diseases, such as Burn-Out, Insomnia, Asthma, high blood pressure, depression, Colitis and Peptic Ulcers, and is often used as accompanying therapy in cancer treatment.

**Integral Yoga** is a combination of gentle movements and stretches (asanas) as well as breathing practices (pranayama), complemented by deep relaxation and meditation. This balanced and wholesome approach is clinically proven to achieve excellent physical and mental health as well as calmness and serenity.

**Restorative Yoga** balances a fast lifestyle and has an enormous capacity to heal physical and mental symptoms that are stress related. A Restorative Yoga sequence typically involves only five or six poses, supported by props that allow you to completely relax and rest.

### **Danièle Verleysen**

Yoga Nidra and Forest Yoga in India, Belgium, France and Portugal

[www.contemplaxion.be](http://www.contemplaxion.be)

### **Antonia Osond**

Antonia Osond is born in Austria and enjoyed an international career as an opera singer before settling down in Portugal and following her passion for yoga. She is a certified teacher for Integral- and Restorative Yoga, as well as Yoga for back health. She is known for her sensitivity in working with the individual and in bringing yoga closer to older people in a gentle way. She is holding retreats and workshops in Germany, Austria and Portugal.

### **Prices:**

Double room, single occupation: €1.300,-

Double room, double occupation: €1.100,-

### **The price includes:**

The complete retreat, vegetarian meals, snacks and beverages.

If necessary transport from and to airport

300€ to be payed upon booking

400/500€ to be payed before 1. March

400/500€ to be payed before 1. June

### **Contact:**

Antonia Osond Reinaas

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