

Yoga is the journey of
the self, through the self,
to the self

-the Bhagvad Gīa

A revitalizing Yoga retreat designed to
guide and inspire you to your
happiest, healthiest and most radiant
self with FOCUS on immunity
boosting and self-care practices to
strengthen and align your mind, body
and heart



RECHARGE & REJUVENATE

YOGA RETREAT

with Anu

hosted by O' Jardin Sakura



intimist experience
(max 6 per)

Contact:



✉ liveloveyoga77@gmail.com



connect with Anuradha



connect with O' Jardin Sakura



Val Couesnon, Brittany

(just 3 hours away from Paris)

Retreat 1: Feb 25-28 (Full)

*Retreat 2: Mar 2-5, 2022 (spots
available)*

Tariff: 510 €/per person/retreat

Booking closes : Feb 4, 2022

*(Contact Anu for special price
offer)*

*Limited place. Please email Anu to reserve
your spot soon or get more details*

Venue and retreat Host:

- **O' Jardin Sakura** : A charming stone house (100 yrs old village school) opening in a large playground (newly renovated with all modern facilities)
- **Anita Val** is a French entrepreneur, amazing host and brilliant chef with lots of experience from 25 years of travel in Japan/US.



Yoga does not transform the way we see things but transforms the person who sees

- BKS Iyengar



Double sharing rooms with private bath

- Ample private space to practice indoor, and outdoor areas as well, we'll have plenty of time and space to breathe, move, and connect.
- With enough social distance to feel relaxed and safe together as we step out of our demanding lifestyle and take time out for self-care.

Whats included:

- 10 hours of practice (including Pranayama, Yoga (indoor/outdoor), Yoga Nidra, Meditation)
- 1.5 hrs Atelier on Ayurveda
- Nature walks
- one excursion
- 3 nights accommodation (full board)
- Organic, healthy, home-cooked vegetarian meals

ABOUT ANU:

Being an Indian and trained in India, Yoga has always been a 'way of life' for me; not just on the mat but outside of it too. I have had trainings (RYT 500hrs) in Hatha Yoga, Pranayama, Pre post natal, Ayurveda Therapy from oldest lineage of Yoga (Sivananda, Krishnamacharaya).

I am currently pursuing advanced training (800hrs) towards becoming Yoga Therapist.



Meditative journey



My teaching style is a amalgamation of all that I have learnt form my teachers so far; with special emphasis on alignment and breath awareness.

These are my maiden retreats and I am so looking forward to share this journey of transformation and connection with you

Day 1

11h-12h : Arrival and installation
12h30: Lunch
14h - 17h: free time (Explore the village:optional)
17h-18h30: Yoga on theme
18h30: Dinner
20h: Atelier on Ayurveda for immunity



DAILY SCHEUDLE



Day 2

8h : Tea/ fruits/fresh juices/nuts
8h30: Silent nature walk/meditation
9h30-11h00: Pranayama and Yoga
12h: Lunch
14h - 17h: free time
17h-18h30: Yoga on theme
18h30: Dinner
20h: Pranayama and Meditation



Day 3

8h : Tea/ fruits/fresh juices/nuts
8h30: Silent nature walk/meditation
9h30-11h00: Pranayama and Yoga
12h: Lunch
14h - 18h: excursion
18h30: Dinner
20h: Yoga nidra/meditation/ reflection

Day 4

8h : Tea/ fruits/fresh juices/nuts
8h30: Silent nature walk/meditation
9h30-11h00: Pranayama and Yoga
12h: Lunch
14h: Departure

slight change in the schedule possible