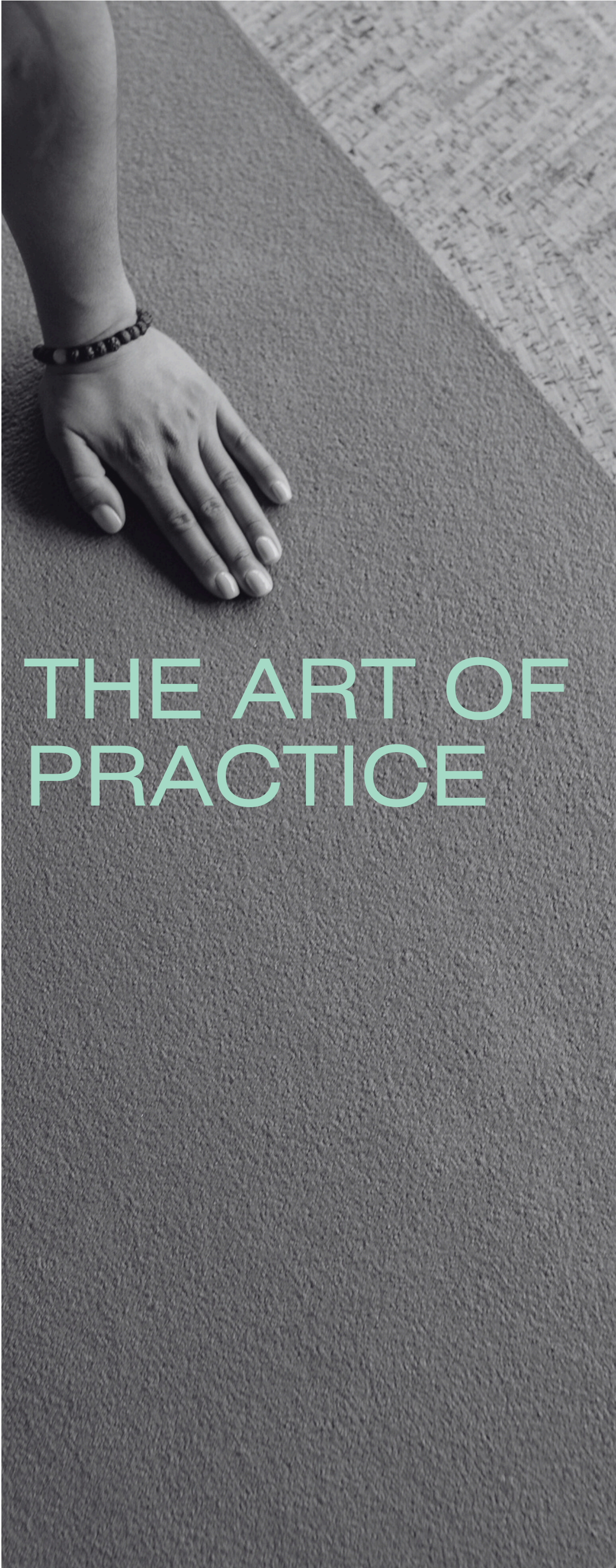


Discover the Fundamentals  
of Your Yoga Journey

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**17.- 20.07.2025**  
BALTIC SEA POLAND





# THE ART OF PRACTICE

**17.- 20.07.2025**

**BALTIC SEA POLAND**

[discover the location](#)

## Discover the Fundamentals of Your Yoga Journey

**For Whom:** Perfect for anyone looking to establish or deepen their yoga practice and gain a strong understanding of yogic principles.

### Description:

Discover how to build a consistent and meaningful yoga practice that aligns with your personal needs. This retreat is designed to guide you through the fundamentals of yoga, including alignment, breathwork, and meditation. With daily sessions and in-depth workshops, gain the confidence to practice independently and create a yoga routine that grows with you.

### Sample Program:

- Morning Yoga: Focus on alignment and building strength.
- Midday Workshop: Understanding yogic fundamentals and creating a progressive practice.
- Afternoon Break: Time for reflection or nature immersion.
- Evening Yoga: Calming and introspective practices.

### What to Expect:

- Guidance on crafting a sustainable yoga practice.
- Building understanding on how to modify and how to make specific asanas more accessible
- Different yoga styles, meditation, pranayama
- Workshops to deepen your understanding of yoga.

### Early Bird Price For The First 5 Bookings (after + 100€ each)

DB Room Single Use 520€ pP\*

DB Room For Two 465€ pP\*

\*Price includes accommodation 4 days/3 nights , wholesome fresh brunch and dinner (w partially garden picked vegetables and fruits), beverages, retreat program with 3x morning session, 2x workshops, 3x evening session, workshop material, yoga equipment, guest gift

**Booking or requests: [reyou.yoga@gmail.com](mailto:reyou.yoga@gmail.com)**

