

GENERAL INFORMATION ABOUT THE PROGRAM AND YOGA:

We would like to make clear that all classes and activities planned will be optional, we will not wake you up in the morning and you can choose to rest if you prefer.

Also, some of the activities will be weather dependent, such as the boat trip to Formentera for example, we believe that yoga is about flexibility of mind! Furthermore, there will also be available non-veg food for those who prefer it.

At the same time, having three teachers will provide a high level of personal attention and we will be able to split groups if necessary as well, i.e. someone does not want to come to the second group yoga session of the day and would rather have a yoga session in-house at our yoga temple.

The program will consist of two daily yoga sessions, one in the morning and one in the afternoon.

The first session of the retreat will be a special yoga anatomy class run by our Yoga Anatomy specialist, Fernando Escudero, focused on alignment the differences between body types and how to avoid yoga-related injuries. Morning classes will be powerful and energetic with afternoon classes being somewhat gentler.

- 5 vinyasa flow classes
- 2 yoga anatomy classes
- 2 hatha classes
- Free time to explore the island
- 6 nights stay
- Spanish, English, French, Italian
- 3 experienced, multi-talented and multi-style teachers

BIOGRAPHY:

AWAYOGA in ibiza is a dream comes true after 9 years. But before that...

Awa has been trying different types of yoga with different teachers in different languages, but never felt something special.

During a journey in Thailand, she got into a yoga shala on the way back from a school massage. The class was teaching in Thai, but the teacher invited her to stay and watch in silence or practice. She decided to join and was wow, fascinated even if 90% was explained in Thai, and she decided to join daily during weeks in Chiangmai.

This was the real beginning of the never ending journey. She started reading and practicing during years, finally decided where to go for a ttc (teacher training course).

She got a chance to be admitted into Sivananda center in UK. She has been also during her 2 pregnancies for prenatal yoga courses and assisted to seminars and shorts retreats. After years as a teacher training in best gyms in Ibiza, she is now daily teaching in her studio privates or group classes , 2 to 4 a day and different levels.

During the group sessions or alone she learns every day and just want to share her passion and respect for the yoga with all , trying everyday to invite everyone to join this marvelous world. Yoga is part of her life since more than 10 years. Use to assist in different yoga classes 3 weeks a year during vacation.

Yoga is one of the reason why every day she is sure that somethings special will happen. And happens.

Fernando is an experienced yoga teacher and Instructor trainer who has been practicing yoga since 1998.

A native of Ibiza, where he lived until age 23, with roots in Argentina, Greece and the Philippines, with a degree in East Asian Studies from the University of Lewis & Clark Portland, Oregon instructor.

It was there where the journey began, yoga and Eastern philosophy would become part of his life. That interest was cemented by a stay of 5 years in Japan, where he specialized in Zen Buddhism and was trained in zazen meditation in various monasteries of Kyoto.

Fernando has been fortunate to have studied yoga with different teachers in the US, Japan, Thailand, Spain, Finland, Italy and India, where he completed his training as an instructor. Over time, his practice has diversified to include various styles: Hatha, Vinyasa Flow, Ashtanga, Iyengar, Yin and Power yoga.

A specialist in the anatomy of yoga and with extensive knowledge on how to practice yoga safely, Fernando ensures that the pose is right for each individual, adapting to personal needs for both beginners and advanced sharing the same class.

Fernando classes focus on getting the most out of each pose, testing students and examining their limits, while creating a relaxed and friendly atmosphere.

Patricia is an ex classical ballerina, member of the corps de ballet of the Opera de Paris. She has studies in Choreography , Scenography and Physiotherapy as well as other disciplines studied at the University of Sorbonne.

She took up and practised Yoga for 4 years with masters from India living in Paris and she then continued to study in other schools like the International School of Yoga in Marbella.

She has 15 years of experience teaching yoga, 5 of which were training fitness professionals at the Paris Reebok training centre. Her experience, sensitivity and curiosity have led her to take up and continue to studies of various different holistic therapies.

Today Yoga forms an integral part of her life.

