

YOGA ADVENTURES IN THE LAND OF MILK AND HONEY

~ Maison Nada Matta , Ain Aar, LIBAN ~
Saturday 21st to 28th, May 2016



~ STRONG AND FLEXIBLE (in body and mind...) ~

Lebanon, the best country to test your yogic self...

On the back of a summer trip to Lebanon, after almost a decade of not setting a foot in the country and having lost all my Arabic over the years, it occurred to me that this little country, very easy to swallow yet impossible to digest (at least for its neighbors who have kept on spitting it back out over the years), is possibly one of the best places in the world. It is certainly a most serious contender if you're looking for an exceptional adventure with the promises of breath taking landscapes, emotions, adrenaline, crazy people and stories to shine and blind your friends at dinner parties, which every self-respecting yogi needs to do :-)

Kidding aside, the week workshop is designed to be a full interactive experience of Yoga in Lebanon with Lebanese, and the country and its people will be as much on stage as the Yoga. In order to make this experience unique and special, our host, painter Nada Matta and her family will make their beautiful house available and will be the insider much needed to find gold nuggets in the mine: they can be easily missed.

Lebanon is a country with an intensity and energy levels that can probably make the Dalai Lama lose its composure. It is a land with a strong undercurrent of spirituality and violence. The landscapes oscillate between luxurious valleys and rough mountains of austere beauty. It seems reasonable then to place the Yoga focus on strength and flexibility. The technical level will make this workshop fit for beginners, since the difficulty will reside more in cultivating and extending mental stamina and breath poise.

Practically, we will be happy if the participants leave with having expanded their mind boundaries with all things Lebanese, a sense of being stronger and lighter and if those qualities of feeling diffuse to an accrued confidence and a stronger and more balanced frame of mind.

'Yoga does not remove us from the realities and responsibilities of everyday life but rather places our feet firmly and resolutely in the ground of experience'

-
Donna Farhi

'Exercises are like prose, whereas Yoga is the poetry of movements. Once you understand the grammar of Yoga, you can write your poetry of movements'

-
Amit Ray

CONTACT DETAILS:
ED KISHTUR

Phone: + 33 6 32 67 26 03
E-mail: ed@sapiance.com

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~ THE WEEK ~

Day 1:

Arrival, getting a hold of all participants, moving to premises. Depending on arrival schedules etc... All or some participants will enjoy a walk on the cornice of Raouche in Beyrouth and appreciate the cosmopolitan mix of Beirut, before going to Ain Arr, getting settled down and the first Yoga class.



' Although Yoga has its origin in ancient India, its methods and purposes are universal, relying not on cultural background, faith or deity, but simply on the individual. Yoga has become important in the lives of many contemporary Westerners, sometimes as a way of improving health and fitness, but also as a means of personal and spiritual development '

Day 2:

A little sun soaking at White Beach to restock on vitamin E before a visit of Byblos. Going back to Ain Aar end of afternoon and Yoga class.



Tara Fraser

Day 3:

Baskinta day trek (level easy to medium) followed by a lunch at a typical trout restaurant in the mountains, followed by a Yoga class and a Lebanese cooking class.



' Yoga will always be transformational, even when it stops being cool '

Day 4/5:

Cedars and Kadisha valley visit, lake walk, Ayoun Ghorghoch lunch (in a place owned by the same family for years, the lady will cook for us the tasty and typical dishes we'll try in a warm setting), night under the starry sky , Khalil Gibran museum and village where he was born, beach before heading back to Ain Aar for the yoga class.



Victoria Moran

' Don't move the way fear makes you move. Move the way love makes you move. Move the way joy makes you move '

Day 6:

Discovery of the Chouf, Beit Eddine, Deir El Kamar, walk in Barouk forest. Yoga, Dinner with a bunch of Lebanese friends so that you have a little networking for your next stay.



Osho

Day 7:

Free day in Maison Matta, Yoga class in the morning and coordination of departures for the various schedules.



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What You Get For What You Pay

There is a single price for the week of 985 [1280 euros] pounds inclusive of:

- ◆ Transfers from and to airports, as well as transport during the stay
- ◆ Full board exclusive of restaurant outings, with access to tea and snacks all day
- ◆ Cleaning and laundry
- ◆ Use of all facilities and grounds within properties

Rooms are double rooms and will be shared: bear in mind that this is homestay at a local's place, in a house of very high standards.

They will be attributed by us in order of subscription, and are roughly of the same standard. If the workshop is not full, there will be single occupancy, again attributed by order of subscription, at no extra cost. Alcohol is not included: it is possible to order some on site. We are not against drinking and having fun in the evening, as long as it does not interfere with yoga practice. It should be possible also to have massage on site, at the participant's expense.

What you need to get:

- ◆ Flight to and from Beirut, as well as travel insurances (check the one your gold credit card)
- ◆ Warm clothing for the evening, it gets chilly at night
- ◆ **Your Yoga Mat**
- ◆ Extra activities, alcohol, massages (cf above)

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Team and Booking

Nada MATTA



Nada Matta has established residence in Ain Aar, a beautiful Lebanese village North East of Beirut, where she has designed and created a beautiful space to take care of her family and find renewed inspiration to work on her paintings. In addition to her artistic inclinations, mandatory cooking skills and oriental hospitality, Nada knows Lebanon inside out and is a perfect guide to lead us through the maze of things to discover,

experience and interact with.

' You cannot do yoga. Yoga is your natural state. You can do Yoga exercises, which may reveal to you where you are resisting your natural state. '

-
Sharon Gannon

Edmond TURQUIEH:

Edmond graduated in 2001 in Byron Bay from Yogarts, Australia, with a diploma totaling more than 900 hours (accredited by the Yoga Alliance) of Astanga and Iyengar Yoga complemented by philosophy, anatomy, Sanskrit and several other related classes. Over the course of 15 years practicing, he has had the privilege to study under the tutelage of inspirational teachers: Patthabi Jois, Louisa Sear, Eileen Hall, Glenn Ceresoli, Lance Schuler, Dena Kingsberg, Matthew Sweeney, Clive Sheridan, Rose Baudin, Stewart Gilchrist, Mercedes Ngoh, to name but a few... In addition to the physical practice, Edmond has a good understanding of anatomy and physiology, indispensable tools in the path of self discovery. Yoga has been a constant in Edmond's life, and together with his personal explorations, he aims to share with you the fruits of a practice that can profoundly touch one's life.



-
Anonymous

' Practice and all is coming '

-
Sri K. Pattabhi Jois

Your BOOKING :

To confirm your booking, please contact me (details on the right hand side of every page). To find out more or if you need further information or have any questions, same procedure: get in touch with me.

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