

The Indaba Summer Yoga Immersion with Ambra Vallo

Manifest a week of pure yoga magic all set in the beauty of Puglia, Southern Italy.

A new breed of yoga experience. Spend your mornings elevating your yoga practice and deepening your yoga knowledge with advanced yoga teacher Ambra Vallo and your afternoons enjoying 'la dolce vita'!

This immersion is a light and fun way for students to gain a more in-depth knowledge of all aspects of yoga. Alongside a daily full asana practice, meditation and pranayama, you will learn the correct alignment of poses, focus on anatomy, learn yoga philosophy and explore aspects of yoga such as the energetic and subtle body.

Hosted by Indaba's 200hr YTT lead teacher Ambra Vallo, her fun and spontaneous teaching follows the lineages of Dharma, Ashtanga, Forrest and Rocket yoga. With many years of experience teaching yoga, physical movement and coaching athletes to enhance their performance, Ambra has a breadth and depth of yoga knowledge like few others. You will explore traditional Hatha Raja yoga and classical philosophy, whilst taking advantage of the many modern scientifically based advancements of asana technique.

Our breathtaking location is the 'Agricola Samadhi', a last generation organic farmhouse located in southern Puglia complete with yoga shala, organic kitchen garden, spa and swimming pool just 20 minutes from the most beautiful beaches. There is also lots of activities such as horse riding, biking, trekking and sailing to try locally.

Freshly prepared brunches and dinners are served almost exclusively with seasonal ingredients from the organic garden or other local organic products. Each meal will be served on the sunny terrace overlooking the

land where the organic fruit, vegetables and extra virgin olive oil are grown. The farm prides itself on serving fresh vegetarian and vegan sattvic dishes to help you feel light, balanced and energised during your holiday.

Key Details

Dates

Saturday 20th-Saturday 27th July 2019

Daily Schedule

7-11am Yoga Practice (Meditation, Pranayama, Kriyas, Full Asana Masterclass, Alignment, Yoga Anatomy)

11am-12pm Organic vegetarian brunch

12pm-1pm Optional Yoga lecture

1pm-7.30pm Free time

7.30/8pm Organic vegan dinner

The Programme

You arrive on Saturday and the first class will be Sunday morning and the last class will be the Friday afternoon lecture. The six days of yoga consist of a daily 4 hour class each morning (with a break) and an hour long yoga lecture each afternoon. Each day there will be meditation, pranayama, a full physical practice, kriyas, focus on correct alignment of poses, yoga anatomy and an optional yoga lecture studying topics such as yoga philosophy, mythology and the yogic body.

Location

YIS 'Yoga in Salento'

Via Stazione 116

73010 Zollino (LE)

Lecce

ITALY

Google maps

<https://goo.gl/maps/eGL4L4njHn92>

The Yoga Teacher

Ambra Vallo - Lead Teacher

Ambra is a former principal ballerina with the Birmingham Royal Ballet. She turned to yoga on a path to recovery from injuries and slowly over the years she fell in love with the more subtle, spiritual parts of the practice. Retiring from dance allowed her the time to focus on her passion and to undertake further training in Ashtanga Vinyasa (500hrs), Dharma Yoga (800hrs), Rocket Yoga (500hrs), Forrest Yoga (200hrs and Advance TT), Tripsichore (200hrs), and Gokul Vinyasa Yoga (300hrs).

Ambra's teaching follows the lineage of Larry Shultz, Ana Forrest, and Sri Dharma Mittra. Since she retired from professional ballet she has been teaching regularly in teacher training courses, and has worked with athletes such as Aston Villa Football Club where she uses yoga to drive better performance. Her aim is to guide others so they may also experience the many amazing benefits of yoga to the body, mind and soul.

Immersion Rates

Indaba Yoga Immersion rates (inclusive of VAT)

6 days of classes (5 hours of classes and study per day)

£600 Earlybird (booked before 1st May)

£650 full price (booked after 1st May)

Please contact Yoga in Salento directly to enquire and book accommodation: info@yogainsalento.com

Yoga in Salento accommodation rates per person for 7 nights

- Triple room with private bathroom (based on 3 people sharing) € 559
- Double room with shared bathroom (based on 2 people sharing*) € 579
- Double room with private bathroom (based on 2 people sharing*) € 719
- Single occupancy of a single room € 898

*Single occupancy of a double room supplement € 259

All guests must pay a €20 membership to Yoga in Salento

All accomodation rates include:

- 7 nights accomodation and daily room cleaning
- 6 vegetarian organic brunches
- 7 vegan organic dinners
- 1 vegetarian organic breakfast on departure day
- use of the swimming pool
- yoga mats and props

Check-in: from 4pm/ Check out: 11am