



My Favourite Things

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YOGA COURSE IN THE CATALAN COUNTRYSIDE: 1 – 6 August 2010

*Organized by My Favourite Things – www.myft.net
& Gwenda Vander Steene- Minimum of 10, maximum of 12 participants.*



➤ The Venue

You will be staying in Can Rocosa, a beautiful converted *masia* (traditional Catalan farmhouse) set in the wooded hills of the Montnegre Natural Park, 15 km from the Mediterranean Sea, 50 from Barcelona, 40 km of Girona.

Can Rocosa provides five bedrooms, most sleeping two, some three, each with its own bathroom. It also has a large living room and dining room, as well as a huge garden and terrace.

In addition to offering accommodation, Can Rocosa also has its own organ kitchen garden, vineyard and orchards.

For more details, check out <http://www.canrocosa.com>

If you want to stay longer in the area or in Barcelona, we can help you, so please let us know asap. For more places to stay, go to www.myft.net.



⇒ **The Programme**

Before every yoga session: muesli & fruit, yoghurt, nuts and dried fruits will be at your disposal for the ones who want a very light breakfast

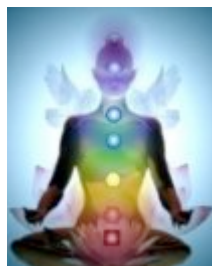
9.00-11.00 a.m.	Yoga session
11.30 a.m-12.30 p.m.	Brunch in the garden
After brunch:	Free time
6.15-7.00 p.m.	Meditation and/or <i>pranayama</i> (breathing exercises).
7.30 p.m.	Dinner

Optional: 1 or 2 Bollywood dance sessions in the afternoon.

Please note: This programme will be applicable for every day except the first day. On Sunday a welcome dinner will be served at 7.30 p.m. The next day we start the programme as mentioned. One evening you will be free to dine out.

Please make sure that you are at Can Rocosa by 6 pm on Sunday 1st August

⇒ **The Classes**



Good vibrations, recharging your battery, the energy of nature, finding yourself, taking a break, purification and balance.

These are the keywords for his yoga holiday. Over the course of its five days, we will focus on the different *chakras*, the seven energy sources which have their own characteristics and vibrations. Bringing the *chakras* more into balance will give better wellbeing and health, both physical and emotional.

The daily programme will consist of:

- A morning session of 2 to 2.5 hours:



- A short theoretical explanation of the *charkas* and the *chakra* of the day
- Warming up: different exercises designed by Swami Vivekananda Saraswati, we activate our *chakras* and prepare the body for deeper energetic work.
- General *hatha* yoga session with a slight emphasis on the *chakra* of the day (music meditation)

- Evening session: meditation and/or *pranayama* (breathing exercises), concluding with meditation to music working on the *chakra* of the day.

What can you expect from this workshop? Revitalisation of body and mind, getting into balance with your energy, transformation, evolution, heightened consciousness and coming back home with a big smile on your face!

There will also be a Bollywood dance session for those interested. What do this have in common with yoga? They put a smile on your face! Don't worry, be happy!”, that is what Bollywood stands for. We'll be swinging our trousers to the hypnotic Eastern rhythm in no time.

The classes will be given by Gwenda Vander Steene, a yoga teacher with many years' experience. Her training at the Chi Yoga School of London was mostly based on *ashtanga*, seasonal flow and tai chi. She also took classes with Fabienne Huyghen (Iyengar), Niki Constantinidou (Iyengar), Eva Kamala Rodenburg (Iyengar), June Mitchell (Ashtanga), Julie Hanson (seasonal flow), Sue Woodd (tai chi), David Keil (Ashtanga) and Swami Vivekananda Saraswati (hatha yoga). Gwenda also teaches Indian dance (Bharata Natyam and Bollywood) which will be available as an option during the holiday. From January to June she will be doing intensive teacher training in Agama yoga in Thailand, the yoga centre founded by Swami Vivekanande Saraswati. Once back in Europe, she will be charged with new inspiration for the workshop.

For more info on Gwenda, go to www.myspace.com/gwendadance

⇒ **Food**

After a day of bending and stretching, do not fear: we will pamper both body and soul with healthy and tasty food inspired by different cultures prepared from fresh, often organic ingredients. Of course, you will also have the chance to try some of the local produce. For the foodies amongst you, you are always welcome to come and help in the kitchen!

⇒ **Optional activities in the afternoon**

If you want to take it easy and relax, you can do so in the garden and enjoy the views. If you are more of an active type, there are plenty of activities around: fantastic cycling routes, walking in Montnegre Natural Park, going to the beach (15 km away) , visiting local villages, exploring Barcelona or Girona, etc. We will provide you with all the info you need.



➤ **Price**

545 euros, including painting course, food, drinks , accommodation and organisation.

Not included: transport (see below) +1 dinner

We do NOT arrange transport, but can put you into contact with other participants to share a car in Spain or from Belgium. The house is about 2 km from the village of Sant Iscle de Vallalta, from where there is a bus to Arenys de Mar. If you want to go to Girona or Barcelona, in Arenys de Mar you can take the train. If you don't have your own car or do not want to rent a car, private transport (local cab) can be arranged. If wanted, pick-up from the airport can be arranged as well. This is not included in the price.

- From Belgium: the cheapest way to fly is with Vueling (Brussels – Barcelona)- www.vueling.com.
Other options are Brussels Airlines (Brussels-Barcelona)and RyanAir (Charleroi- Girona:).
- Rental car: As there will be a maximum of 12 participants, one option is to rent 2 or 3 cars from the airport and share them. Obviously, coming with your own car –and sharing the trip (and its costs) with other participants- is another option.

➤ **Conditions**

Registrations will be open until 15 May. If by that time we have not reached our minimum number of participants, the holiday will be cancelled. If there are only 1 or 2 people too few, charging a supplement is an option, so we can still make it happen. If we really don't have enough people and you have booked your flight we can help you out to find a place to stay.

To register, please make a transfer of 285 euros to the following account asap. The balance must be paid by the end of June. If the course cannot go ahead, we will of course return your deposit.

Bank: Caixa Catalunya

Branch: 0623- Barcelona- Carrer Muntaner-Diputacio

Account name: Katrien Claus

Account number: 2013 0623 11 0200739901

IBAN: ES45 2013 0623 1102 0073 9901



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If you have any questions, please don't hesitate to contact us at info@myft.net or on (34) 637 265 405. We will be pleased to answer them.

With a maximum of 12 participants, places are strictly limited, so don't forget: book early!