

Yoga vacation Easter 2015!

Contributed by Massimo
Friday, 10 January 2014
Last Updated Tuesday, 27 January 2015

Celebrate the spring in Italy with a Yoga holiday in a beautiful villa close the Garda lake :-)

An opportunity to explore Yoga in a deeper way, and at the same time a nice relaxing vacation in a beautiful villa at 1 hour from Venice, 20 minutes from the Lake Garda and 15 minutes from Verona.

An alternative way to celebrate the Easter period and the spring.

- Yoga classes every day in the morning and in the evening (in classical hatha yoga style and in vinyasa style)
- Meditation e relaxation
- Theoretical classes about ayurveda and about yoga philosophy
- Vegetarian organic healthy meals (reach breakfat, snacks, dinner)
- One personal privat class

Normal price: Euro 630 (Norwegian Kroner 5600). The price includes accomodation, 3 meal/day, 2 yoga classes/day, theoretical classes, a personal private class. The flight ticket is not included, but our partner travel agency Everest Travel can take care of the booking of the flight for you if you need it.

SPECIAL DISCOUNTED PRICE for those booking before the 15th of February: Euro 599 (Norwegian Kroner 5299)

For an extra fee there is the possibility to book a day trip to one of the beautiful locations near villa Tirtha (Verona, Malcesine, Venice or Trento).

During the vacation is also possible to book relaxing Ayurvedic Yoga massages with therapeutic oils.

HERE MORE INFO AND PICTURES: <http://massimoyoga.com/yoga-vacations/yoga-vacation-in-italy-easter-july2015//>

About the yoga teacher:

MASSIMO BARBERI practices yoga since 1991, he has worked as a professional yoga teacher for 15 years (in Italy and in Norway). He has studied the Indian philosophies and the Yoga traditions both academically (at the University of religious studies in Trento), and practically, learning the traditional Hatha Yoga, Raja Yoga and Tantra Yoga under the teaching of Indian swamis (traditional yoga monks) and participating to the Yoga Educators trainings of the institute AMAYE in Sweden and Germany (500 hours). Lately Massimo has collaborated also with the international Integral Yoga school Samadhi (Florence). In 2011 he became also a certified Ayurveda therapist (Ayurveda is the medical side of the Yoga tradition) with the European Institute of Ayurveda (London).

He is the creator of the popular virtual-yoga community YogaTogether.net, a website where everyone can join to share experiences, opinions and knowledge about Yoga, meditation and healthy life styles.