



ASHTANGA YOGA RETREAT WITH **Lino Miele**

IN SOUTHERN BAHIA

From 24/10 to 2/11

Our dear Lino Miele will be back in October for 10 days in retreat at Pousada Ponta de Santo André, in southern Bahia. This place is located where the river meets the ocean, in the middle of a huge diversity of tree species and with stunning views. Among the extra activities, there are sailing classes, massages and boating through the mangroves and sea.

The retreat includes accommodation and vegetarian food, with brunch and dinner. Classes are open to practitioners of all levels and will be conducted in a yoga room at the lodge. Those interested in bringing the family or friends can rent houses in the village, or even staying in nearby hotels. The friendly village of Santo André is 30 kilometers from Porto Seguro. You can even rent bikes or a car in town to explore the surroundings.

More about Lino Miele: www.astanga.it



Information - from 24/10 to 2/11

1. Stay at Pousada Ponta de Santo André *

Yoga, food and accommodation in a double room

US\$ 1.400 / € 1.000

* Transfer not included

* Limited spaces

2. Yoga

US\$ 680 / € 500

3. Eating at the retreat place

Brunch: US\$ 20 / € 15

Dinner: US\$ 20 / € 15

4. Houses for rent, other hotels in the village and transfer from Porto Seguro to Santo André

e-mail:

info@pontadesantoandre.com.br

(Rogério)

Reservations

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casa rosa

ASHTANGA YOGA & HEALING