The Yoga Experience

Juliana Fair began practicing yoga in 1974, discovered the Iyengar method in 1981, and began the certification process in 1986. Today she holds an **Intermediate Senior I** Certificate, which means that she is classified among approximately **the top 55 Iyengar teachers in the United States**.

Since 1990, Juliana has traveled annually to Pune, India, to study at RIMYI with the Iyengar family. A native of Australia, Juliana has taught in Australia and in Singapore, including instructing elite athletes in the Institutes of Sport. Using a straightforward and humorous teaching style, Juliana supports students to progress with safety, building their confidence, as they address special issues and strengths of their own bodies.

Don't miss this golden opportunity to study with Juliana, in classes and individually, with students at **all levels of Yoga experience** from around the world!

How to get there

The nearest airport to Mas Legrand is **Marseilles** (via Delta/Air France/KLM)**.** Please plan on arriving by 4pm local time on May 7 for free transportation to Mas Legrand.

What is included

❖ 11 hours of Iyengar Yoga classes
❖ Continental breakfast daily & six gourmet vegetarian/non-vegetarian dinners prepared with local produce
❖ Single *($150 extra)* or Shared accommodation
❖ Private garden with trees, whirlpool, jacuzzi and barbecue
❖ Excursion to local attractions

$2400 per person
(Travel/Airfare NOT included)
Only few spots left!

If there is interest, a 2nd week – May 14-21, 2022 – will be added.

How to register

1. Email yogaonthemove.juliana@gmail.com to reserve your space.
2. Send your non-refundable deposit of $1000 by Sep 30, 2021 (payable to Juliana Fair) to: Juliana Fair, 3830 9th St N, 106W, Arlington, VA 22203 or pay by Zelle (703-628-5296).
3. Include your name, address, preferred contact phone number, email address.

CANCELLATION POLICY: • No refunds.

IYENGAR YOGA RETREAT IN PROVENCE

MAY 7 - 14 2022

www.yoga-onthemove.com

Spend seven nights and six days in the enchanting south **of France**!

At the foot of the Alpilles and at the gateway to the Camargue, the Mas (farmhouse) Legrand is a typical 18th century house of 240 sqm, in the heart of a private property of 100 ha of hay Crau AOC. You can enjoy the private garden with trees, whirlpool, jacuzzi, barbecue – an Ideal location of a Yoga retreat to rejuvenate and recharge yourself.

Mas Legrand is conveniently located at the crossroads of the main cultural and tourist centers of the region: Saintes-Maries-de-la-Mer, Arles, Baux de Provence, Saint-Rémy-de-Provence.

Local Attractions

In Roman times, **Arles** was one of Gaul's most venerated cities, home to more than 30,000 people and furnished with monuments that remain in place today. Arles was where Vincent van Gogh spend a year in 1888, completing many masterpieces of scenes you can visit around the city. Enjoy a visit to the Arles museum, where you can admire the work of Van Gogh, Picasso and other great artists. Saturday will be reserved for the huge Arles Market.

Admire **Les Baux de Provence**, a medieval village which has been voted as one of the most beautiful villages in France and watch the show inside Les Carrières de Lumière. Additional fee will be required to access the inside show.

Other attractions include miniature fjords of **Cassis and the Calanques**, golden beaches of **Saintes-Maries de la Mer**, picturesque towns of **Avignon** and **Tarascon.**

And, of course, *YOGA*!

Enjoy French cuisine and wines

Rita Cain, our chef, will prepare daily continental breakfast and 6 gourmet dinners using local fresh organic produce. You can enjoy the dining experience in the luxurious dining room or on the cozy terrace.

Located a few steps from the heart of the village, you will have access to the local bakery and restaurants.

Please specify dietary restrictions (vegetarian, gluten/diary free etc.), if any, so that we can best accommodate your needs.

What to bring

- ❖ Yoga clothes & Casual attire
- ❖ Bathing suits & Beach Towels
- ❖ Yoga Mat
- ❖ Yoga Blocks (2)
- ❖ Yoga Blankets (2 or 3)
- ❖ Yoga strap