

Sri Sri Yoga with Bettina Semmer



Bettina Semmer is a Sri Sri Yoga teacher and course instructor for the Art of Breathing. She also worked for over 20 years as a visual artist and art tutor in London and Berlin.

Sri Sri Yoga combines a good body work out (suitable for all levels of experience) with breathing exercises (pranayamas), deep meditation and knowledge about yoga philosophy.

This comprehensive program has been especially designed to be

taught in a four to six day course after which you can practice at home with ease and confidence. Among the many benefits, it will strengthen your whole body-mind system, improve immune system and energy levels, balance your mind and give you inner peace to meet life's challenges.

Sri Sri Yoga was created by the Art of Living Foundation's founder Sri Sri Ravi Shankar.

Art of living: artofliving.eu

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Getting Here



Shantacentre is located in the region of Abruzzo in central Italy. The easiest and fastest way to get here is by plane from London Stansted to Pescara airport which is about 45 minutes drive from us. Transfer via Rome (numerous flight and train options) is also a possibility.

Comments from our past students

“Fantastic yoga centre. Really good yoga and lovely food. Very friendly hosts! I'll definitely come again”

“I've had a really happy and relaxing time & that's due in large part to you people; thanks, not just for your excellent yoga, cooking and facilities”

“The week has been totally enjoyable & relaxing... Thank you for providing such a warm, loving and homely environment”



For booking & more information please visit our website:
www.shantacentre.com

Sri Sri Yoga in Italy with Bettina Semmer



5th -11th September 2010

€450

www.shantacentre.com

Shanticentre in Abruzzo Italy

Shanticentre is a family run yoga retreat in a beautiful, peaceful and unspoiled part of Italy.

We specialise in running yoga holidays for small groups of up to 8 students guaranteeing you excellent standards of teaching, accommodation and home cooked food.



Yoga classes are held every morning before breakfast and every evening before dinner on our stunning terrace with views of rolling hills, olive groves and hilltop villages.

We breathe in the glorious fresh mountain air and move our bodies under the warmth of the Italian sun. There is also the chance for a sunrise yoga session on the beach with time afterwards to relax and swim. Mats, blocks & blankets provided.

Following the morning yoga class on the beach you can stay and sun yourselves, swim, or explore the shops of Pineto, a lovely little sea side town.



We also offer an excursion to the local medieval town of Atri with its cobbled streets and newly restored 13th century cathedral. There are countless other beautiful buildings to admire as well as museums, bars, restaurants, parks and stunning views of mountains, sea and miles and miles of rolling hills in the distance.

You can also explore local villages by foot or on pushbikes - beautiful countryside, great cafe bars, local cuisine, pretty piazzas and churches await. We can also provide taxi services to other places of interest further afield including a local nature reserve and three national parks in the heart of the mountains.

Shanticentre has a calming and tranquil treatment room where you can indulge in a number of therapies, including Swedish, Thai and Indian Head massages, as well as Reiki healing. These provide an excellent as well as affordable complement to your yoga classes, and make the experience of your holiday even more profound and rejuvenating.



Prices of the holidays are based on 2/3 people sharing accommodation and bathrooms (single supplements can be arranged). The rooms are all spacious, light, fully furnished and beautifully decorated.

Our food is all vegetarian, home made to a very high standard and delicious. Our ingredients are either locally sourced or home grown and organic.

The following are all Included in the holiday price:

- 11 yoga classes
- Use of the pool, hot tub and sauna
- A half day excursion to Atri
- One special early morning sunrise class at the beach
- Brunch and 5 evening meals
- Fresh water and fresh herbs for teas
- Shared accommodation, with bedding and towels

