

# Ashtanga Yoga & Pranayama Sadhana in depth



with **KIA NADDERMIER** in the mountains of *Sierra Nevada, Spain*  
SESSION 1: JULY 21-31 // SESSION 2: AUGUST 2-12 2018

*Join **Kia Naddermier** for a retreat in the magnificent mountains of the Sierra Nevada to deepen your practice and understanding of yoga as a whole – allowing its subtleties to unfold and blossom.*

We open our mornings with *Ashtanga Yoga Mysore Style* classes, where you receive individual guidance and adjustments from Kia. Some led classes focused on specific aspects of the practice will also be offered. Afternoon sessions are dedicated to the philosophy and practice of *Pranayama*. Kia will share her experience and guidance as we allow space for a daily practice of *Ashtanga Yoga, Pranayama, Kriyas* (yogic purification techniques), as well as Sitting and *Mantra*-recitation. Integrating all aspects will take your practice to the next level of awareness, allowing its subtleties to unfold. Kia will be assisted by her long-time apprentices **Lise de la Brosse, Paula Rios Fernandez, Maura Mulvaney & Caro Gaya**. Alongside the yoga practice there will be optional activities including a day trip to *Granada* or the beach, vegetarian cookery with our local chefs, hiking in the mountains and, of course, hanging by the pool or enjoying massages from **Maura Mulvaney and Caro Gaya**,...

Run by the British couple **David & Emma Illsey**, *Las Chimeneas* is a truly authentic and unique pearl, located in one of the most beautiful and energetically powerful spots in all of Europe. The accommodation is lovely, with plenty of antiques, books, nooks and crannies. Many rooms have fabulous views across the hills to the distant sea. The food is delicious - organic, vegetarian, locally grown. Yoga classes are held in the outdoor shala which nestles in olive groves, overlooking the mountains. This is a magical place to retreat, re-charge and give yourself space to deepen your practice. The course is open to all levels of practitioners familiar with Ashtanga Yoga.



**Kia Naddermier** has over 20 years of experience of *Ashtanga Yoga* and is founder and main teacher at **Mysore Yoga Paris** where she upholds the daily *Mysore* program. Kia is an advanced practitioner and teaches *Pranayama*, adjustment techniques, mentors teachers and gives workshops, trainings and retreats in Paris and internationally. Kia is certified to teach *Pranayama* directly by **Shri O.P. Tiwari** and has developed a way of teaching and adjusting which integrates her profound knowledge of the breath and Pranic energy, subtle and physical anatomy, with yogic principles.

*Prices include full board, airport transfer from Malaga, all yoga sessions, meals, local activities and cooking class and begin at 1085euros (10 days) per person – depending on the room and if accommodation is shared or single. Early-bird discount is offered for payments made in full before 20th of February 2018.*

*Please note that all rooms are different and there is a limited amount of single rooms available. The choice of rooms is offered on a first-to-register basis so early booking is highly recommended!*

**Please contact [kia@mysoreyogaparis.com](mailto:kia@mysoreyogaparis.com) for details**