

REGISTRATION FORM

Send to W. Bok willybok@belgacom.net

Last name

First name

age sex

city

phone

e-mail

years of practice :

Iyengar yoga practice :
which part would you like to deepen:

medical history?

are you pregnant ?

I register to the workshop from 3/7 to 7/7 and
send 100€ on the Willy Bok's
account BE34 2100 4586 5490 BIC GEBABEBB

Signature (name)



Willy Bok

- Certified Senior 2 Iyengar® yoga teacher
RIMYI Pune, India
- Mentor for future teachers in Iyengar® yoga
- Registered physical therapist



Rita Poelvoorde

- Certified Iyengar® yoga Junior teacher
- Teacher at esac école supér. des arts du cirque
- Star dancer at Ballet du XXe siècle
- Maurice Béjart-

Iyengar® yoga workshop in South Corsica

Santa Maria Siché 20190

**From Wednesday 3 to
Sunday 7 July 2024**



**5 mornings (4 h) of
pranayama & asana**

with

**Willy Bok &
Rita Poelvoorde**

Certified Iyengar® yoga teachers

The venue

In the green calm of de Santa Maria Siché, at an altitude of 500 m in the Taravo valley, South Corsica, surrounded by mountains, close walks, 30 min. from Ajaccio-Porticcio and the beaches; 10 min from the river. Hôtel Santa Maria : half-board, vegetarian meals on the menu.

Information 06 70 72 30 30

Direct flight

Aircorsica Bxl-Charleroi ---Ajaccio

Rent a car at Ajaccio Airport

Hôtel Santa Maria adjacent to the practice room +33(0)4 95 25 72 65 20190 info@santa-maria-hotel.com www.santa-maria-hotel.com



Typical day

- 7:30 - 8:30 pranayama
- 8h30 breakfast
- 9h30 - 12h30 asanas
- afternoon: free

Props: supplied *but yoga mat.*

Fees

Limited number of places. 225€ for the 5 mornings. 60€ for 1 morning.

Single, double, multiple rooms
Reservation: Hotel Santa Maria, Airbnb ..

Deposit 100€ upon registration

W. Bok's IBAN BE34 2100 4586 5490.
Communicate : *Yoga workshop Corsica*

Reimbursement : 100% if cancel 1 mo before, 50% annul 15 days before.
The balance is paid upon arrival.



Contact

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