

REGISTRATION FORM

Send to W. Bok willybok@belgacom.net

Family Name

First name

Age sex

Telephone #

E-mail

Years of practice in Iyengar Yoga

Years of teaching Iyengar Yoga

Medical history ?

Room **choice** 3/4 p 2 p 1 single

Fees : 845€ all included for room of 3/4 p

Supplement room 2 p:17€/j/p = 925€

Supplement room 1 p :34€/j/p = 1010€

Fees for 2 retreats : 1600€ room 3/4

I register to the LEVEL 2 retreat 19/7 (eve) to 24/7

I register for 2 retreats from 14/7 (eve) to 24/7

I pay the deposit of 450€ on BE34 2100 4586 5490

I pay 450€ in class

Signature



Willy Bok

- Registered physiotherapist
- Certified LEVEL 3 teacher Ramamani Iyengar Memorial Yoga Institute (RIMYI), Pune, India
- Has been teaching since 1991
- Mentor in yoga Iyengar®.

This retreat is addressed to teachers and advanced students; it will prepare you to demonstrate and teach the LEVEL 2 syllabus.

Iyengar® Yoga retreat lev 3-4-5 Teachers Level 2

From 19 to 24/07/2023



5-day retreat in Gaume July 2023

arrival 6pm on 19/07

with **Willy Bok**

Certified Iyengar® Yoga Teacher

The place

This 5-day residential retreat (arrival in the evening) takes place in Villers-devant-Orval in the Gaume region, at the Bois-le Comte farm, near Orval (Tel. 061-32 99 20). It offers calm, space, warmth, fresh and pure woodland air and spring water. Accommodation in rooms for three or four people, two, single, with bathroom and toilet. Organic, vegetarian and macrobiotic food.

Access

- Motorway E19-E411 towards Luxembourg
- Exit Neufchâteau, Florenville, Orval
- N840 rue des Hawys towards Villers devant Orval
- on the right sentier d'Orval
- 2nd left Théophile Noel, follow farm

Arrival

from 6pm; 7pm meal, 8.30pm pranayama intro.

End of the retreat

4.15pm.



Journée type

7.00 – 8.00	pranayama
8.20 – 8.50	breakfast
9.15 – 12.15	asana practice
12.30 – 3.30pm	lunch – free time
3.15p – 6.15p	asana practice/teaching
6.30 – 8.00	dinner

Necessary equipment bed sheets, towel
1 mat, 2 blocks, 4 blankets, 2 belts,
1 yoga chair if possible, ...

Fees

845€ all included room of 3/ 4.
Supplement room 2 p: 85€ ; single : 170€

Deposit 450€ upon registration to account IBAN
BE34 2100 4586 5490 of W. Bok or in class.
enter *Yoga Retreat July*.

Reimbursement of deposit: 100% if cancel 1 mo before,
50% if cancel 15 d before, 0 if cancel under 15 days
The balance will be paid before or on arrival.



Contact

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