

REGISTRATION FORM

Send to Willy Bok,
61 avenue Victor Rousseau 1190 Brussels
or willybok@belgacom.net

Name.....

First name

age ... sex

address

home tel cell

office tel

e-mail

• how long have you been practicing

• how many years of Iyengar yoga

• which aspect of yoga are you interested in

(postures, breath, philosophy, meditation...)

• Do you have medical background ? (surgery,
wounds, chronic pain, ailments, cancer...)

• are you pregnant ?

• circle **room choice** : 3-4, 2, 1 persons

820€ ; Extra charge double room:75€, single 150€

Circle:

[I register to the 15/7 \(eve\) - 20/7 retreat](#)

[I register to the 20/7 \(eve\) - 25/7 retreat](#)

[I register to the 2 retreats 15/7 to 25/7](#) 1560€ room 3-4

° I deposit 400€ on the account BE34 2100 4586 5490

Signature



Willy Bok

- registered physiotherapist
- certified teacher from Ramamani Iyengar Memorial Yoga Institute (RIMYI) Pune, India
- teaches since 1991
- teacher trainer in Iyengar® yoga



Rita Poelvoorde

- star dancer in the Ballet du XXe siècle (M. Béjart)
- taught at esac école supérieure des arts du cirque
- certified Iyengar® yoga teacher

The 2 teachers will run the retreat
adjust your postures and will
help you, within your limitations,
to open to the postural & subtle world of yoga.

Iyengar® Yoga retreats

15-20/07 level 1 & 2
20-25/07 level 2 & 3



5 day retreats in Gaume July 2022

arrival 6.00pm on 15/7 or 20/7
with

Willy Bok &

Rita Poelvoorde

Certified Iyengar® Yoga Teachers

The venue

The 5-day residential retreat (arrival on the previous evening) is taking place in **Villers-devant-Orval** in Gaume, at the ferme du Bois le Compte, 1 - near Orval (Tel. 061-32 99 20).

The farm offers calm, space and warmth, fresh and pure air from the woods, spring water. Lodging is in room for two to four, with bathroom and toilets.

Organic vegetarian macrobiotic ...tasty food

Access

- Highway E19-E411 towards Luxembourg
- Exit Neufchâteau, Florenville, Orval
- N840 rue des Hawys towards Villers devant Orval
- Right on sentier d'Orval
- 2nd left Théophile Noel, follow signs to farm

Arrival

From 6.00pm ; 7pm meal, 8.30pm introduction pranayama.

Closure

4.30pm

Typical day

- 7.00 - 8.00 pranayama optional
- 8.20 - 8.50 breakfast
- 9.15 - 12.15 asanas
- 12.30 - 3.15 lunch – free time
- 3.15 - 6.15 asanas - pranayama
- 6.30 - 8.00 dinner

Equipment bring bath towel, bed sheets (can be rented)

2 bricks, 3 to 4 blankets, 1 mat, 2 belts, 1 yoga chair

Fees

820€ all included in room of 3 to 4. 1560€/2 retreats

Extra charge in room of 2: 75€, single: 150€

Send down payment of 400€

To Willy Bok's account BE2100 4586 5490

BIC GEBABEBB

write *July yoga retreat*.

The balance is paid 1 week before the retreat.

Contact

Willy Bok +32 2 345 35 60

Rita Poelvoorde +32 485 934 180

willybok@belgacom.net

