



CALREIET

HOLISTIC RETREAT



FIND YOUR NEW SPIRIT

Summer Yoga Academy

1st JULY 2019 - 29th AUGUST 2019

Yoga is for everyone

And yoga certainly can be practiced by anyone. At Cal Reiet we firmly believe in the power of yoga: the way it connects your body, mind and soul is unique and beautiful. With this in mind we decided to do something new at Cal Reiet in 2019: The Summer Yoga Academy.

This will be a new and wonderful way to connect more people with the work we do at Cal Reiet. Five teachers will visit Cal Reiet this Summer to teach yoga to our retreat guests, visitors and yogis from all over the island. The Cal Reiet Summer Yoga Academy is a unique opportunity to either start this discipline or improve your skills by attending some or all of the lessons at our holistic retreat.

Starting at July, the 1st, our Summer Yoga Academy will be held until August, the 29th.

There will be lessons hosted by our guest teachers and in-house teachers in the morning, after breakfast, and in the afternoon. The special 'ayurvedic offering' will include a lunch menu and an afternoon yoga session. The special 'after yoga breakfast' includes an early-morning session and breakfast.

In addition to booking a lesson as a visitor, you will also be able to get a special Summer pass of 7 classes.

Check the detailed schedule and sign up online (www.calreiet.com).



	MON	TUE	WED	THU	FRI	SAT	SUN
08:30	Cal Reiet teachers	Guest teachers	Cal Reiet teachers	Guest teachers	Cal Reiet teachers	Guest teachers	Cal Reiet teachers
09:45							
18:00			Guest teachers		Guest teachers		Guest teachers
19:15							

** Afternoon lessons will be tailor-designed by every teacher.*

Guest teachers
 Cal Reiet teachers



Class prices

Cal Reiet guests: free

External clients: 15€ / class

Special Summer pass: 90€ / 7 classes

Cal Reiet's Table

BREAKFAST BUFFET - 15€

after morning class

DINNER - 35€

House salad

Mung bean kitchari

Dessert of the day

Manuela Peverelli

1st July - 11th July



Kicking off Cal Reiet's very first 'Summer Yoga Academy' we have Manuela Peverelli. She will be teaching at Cal Reiet from the 1st of July until the 11th of July. During her lessons at Cal Reiet you will be able to discover her approach to yoga and life, deeply influenced by the Vedic and Buddhist philosophy. Learning from her is a journey. You discover your senses, feelings and connect them to your body, while experiencing a powerful dynamic and truly enjoying the benefits of yoga practice.

Manuela has been teaching yoga since 2008 and these past 10 years she has never stopped learning and evolving in her teaching style. An education in Ayurvedic psychology at the European Ayurveda Academy in 2013 has enriched her background in Western psychiatric nursery. She currently started a 3-year education in Buddhist Psychotherapy in Germany. She teaches in Zurich and Winterthur and at Cal Reiet she will lead her classes in German and English.

www.airyoga.ch

Michael Hamilton

12th July - 26th July

Specializing on internal alignment through the practices of yoga as it has been developed in the Modern Yoga lineages of Krishnamacharya, Michael Hamilton will be teaching at Cal Reiet from the 12th of July until the 26th of July. Michael and his lifelong interest in contemplative practices give his classes a special feel. At age six the teacher, born in South Africa, started with martial arts, practice that soon led him to an interest in the relationship between body and mind, its support structures in eastern philosophy, its expression through art and its culmination in meditation.

With an eye for detail, a concern for safety, a love of ancient wisdom and the belief in beginner's mind he acts as a spiritual friend to fellow travellers on the path. His recent teaching draws strongly from the work he has done with Richard Freeman and Mary Taylor, Doug Keller and Sayadaw U Vivekanada.



Heidi Aemisegger

26th July - 9th August



From the 26th of July until the 9th of August the teacher who will be hosting the ‘Yoga Summer Academy’ is Heidi Aemisegger, also known as Dhyāyini. Before teaching yoga, she was a choreographer with over 20 years of stage experience, leading her to develop a very deep relationship with movement. For many years she studied with the world-famous pranayama teachers Sri O.P. Tiwari and Paul Dallaghan, becoming an experienced Ashtanga and Jivamukti yoga teacher.

Dhyāyini’s authentic and holistic approach inspires passionate self-exploration and self-healing. She devotes herself fully to the path of yoga and spiritual development and fills the world with her light.

www.dayayoga.ch

Petra Bensland

9th August - 19th August

Petra Bensland, founder of Cal Reiet and Yoga Elements Zürichsee, will be teaching at the Summer Yoga Academy from the 9th until the 19th of August. Since she started exploring yoga in 2009, she has devoted herself and dedicated her life to conscious living. This certified yoga teacher since 2012 with a 200h TT RYT at the Centered Yoga Thailand in classical yoga with Paul Dallaghan, never stopped learning, as she also completed the 200h TT RYT Pranayama program with Paul Dallaghan and Sri O.P. Tiwari at the Centered Yoga Thailand and the advanced 200 TT with Michael Hamilton at Airyoga Switzerland.

What she enjoys the most about founding Cal Reiet and Yoga Elements Zürichsee is to offer platforms for contemplative practices so that visitors can experience and practice a way to become more centered, move towards health and the rewarding path towards self-realization.



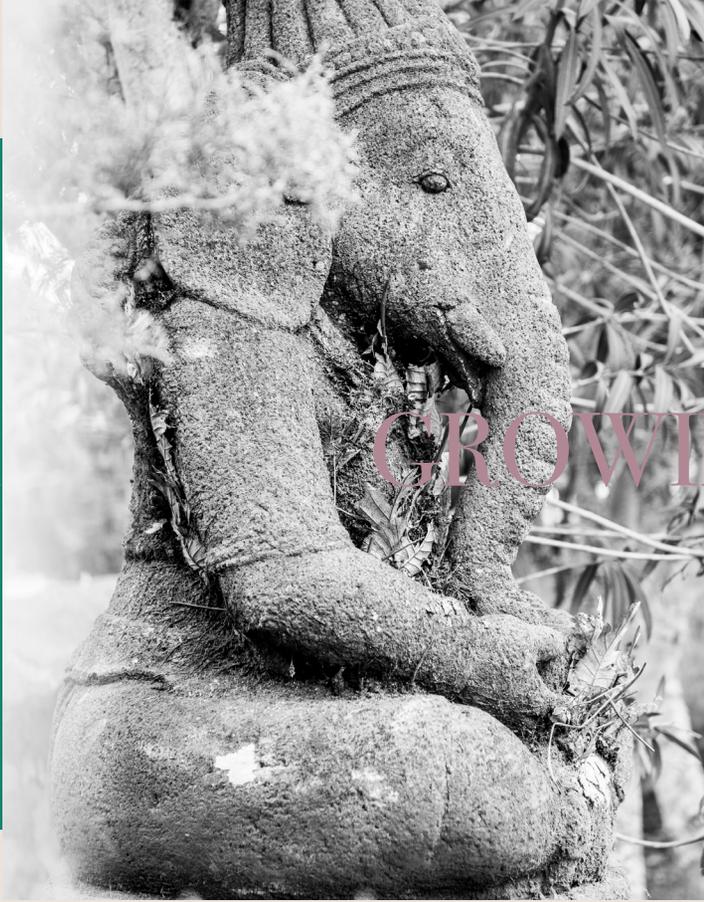
Nabs Hadi

19th August - 29th August

Nabs Hadi, who will be teaching at Cal Reiet from August, the 19th until August, the 29th, is a traditionally trained Yoga teacher with over 15 years of teaching experience and part of a rich yoga lineage. His aim is to bring you the complete Yogic experience including the physical, mental and the spiritual practices using the tools within The Eight Limbs of Yoga. Nabs is also trained in the classical Pranayama practice (regulation of the breath) with The Kuvaliyananda lineage by his teachers Sri O.P. Tiwariji and Paul Dallaghan.

Nabs is British, however he was born into a Sufi family in Kurdistan from the Naqishbandi lineage, therefore spirituality has been in his blood. Nabs also possesses a natural tendency for subtle energy work from an innate ability in mediumship. As a spiritual healer he is used as a conduit by spirit to pass on their healing energies from their reality to ours in a hope to bring clarity and healing to individuals within our world.





I AM

GROWING