

Our Courses

Yvonne your host has been practicing yoga for several years and has been actively teaching yoga over a number of years.

Relaxing yoga, soothing meditation and therapies to make you feel on top of the world. Yoga is the union between body and mind and the classes will incorporate breathing exercises, postures, flowing sequences and relaxation.

Postures including mountain posture and the tree, sequences sun earth and moon and EBRS to unlock the trapped energy caused by the stress of everyday living are all part of this relaxing course.

This week long experience offers a perfect balance of empowering yoga, relaxation and meditation. Experience yoga in nature, enjoy fantastic homemade vegetarian food. You will also meet other like-minded people who you will be able to share stories and experiences with throughout you stay.

Please find details of our yoga courses below:

Arriving in time for dinner on Saturday evening your first yoga session will be a short introduction to both the yoga and each other.

There will be two sessions of yoga daily except on a Thursday when you will be free to enjoy the local area or explore further afield. Sofia is an hour away by train and the town of Svoge with its shops restaurants and bars is only a short distance away by either car, taxi or bus. Or maybe you will choose to have a nice relaxing day in the garden overlooking the fantastic views of the mountains and village below or just reading the day away. If you choose to stay within the Mountain Retreat on this day your meals will be provided as usual. If you decide to go further a field most people like to sample the local restaurants or we will be happy to supply a packed lunch.

A typical day will start at 7.30am with a gentle wake up and activation session followed by an energy block release breathing exercises or meditation. This session will last approximately 1 hour and are then followed by breakfast.

Mid morning we embark on an interesting walk in the area. These walks vary in length, depending on the needs of the group, and some days will include a picnic lunch in the mountains.

At 4.30 the afternoon session will take place. This will include postures, sequences, breathing exercises and will be followed by a deep relaxation. This will then be followed by a three-course meal including wine.

There will also be free time each day between sessions.

All sessions are optional so you will not feel pressured into taking part in every session if you don't want to. Remember it's your holiday to spend as you wish!

If you want to come with a friend, partner or someone who does not want to take part in the yoga sessions then this is not a problem, they still be able to share meal times and will have unlimited use of the facilities. There is a reduction in the price for all non-participating residents, please contact us for prices etc.

Bringing your own equipment is optional but to save you room in your suitcase we have, a range of mats, straps, blocks, cushions and rugs available to use at Mountain Retreat free of charge. We also have equipment for sale upon arrival or at anytime during your stay.