

YOGA RETREAT

with Linda Munro & Gérald Disse

August 29 – September 5, 2027.
Yoga in Salento, Italy



ASHTANGA YOGA PARIS

ANAKA

Ashtanga Yoga: A path to presence!

AUGUST 29 – SEPTEMBER 5, 2027.

Practicing with mindfulness is a doorway to bringing presence to all aspects of our lives

Linda Munro & Gérald Disse:
founders of the prestigious school of yoga, Ashtanga Yoga Paris.

Linda and Gérald have committed to teaching Ashtanga Yoga for decades in a manner that builds mindful presence. They teach the Ashtanga Yoga system while integrating anatomical awareness and mindfulness to the movement of postures and breathing. They've found this approach to be intelligent and respectful to all levels of practitioners, allowing the freedom to embrace our body, mind and breath in a way to bring about profound transformation. Whether you have years of experience or are new to the system, this retreat will assist you in the evolution of your Yoga Practice!





Yoga in Salento Retreat Center

AUGUST 29 – SEPTEMBER 5, 2027.

An organic farm and beautiful yoga shala to provide a natural sanctuary where people can retreat, reconnect and transform.

A place where yoga, mindfulness and nature intertwine in harmony, inspiring guests to find peace within and without.

We cultivate our land with vegetable gardens, fruit trees and olive trees, and produce tomato sauce, jams and preserves with our own hands. Our food is truly organic, 100% plant-based and cruelty-free.

We believe in a conscious and balanced lifestyle, which begins with the way we nourish ourselves—through our thoughts, actions, food and relationships with nature, with others and with ourselves.

For twenty years we have had the honor of hosting world-renowned yoga teachers, creating a space where people can disconnect from the chaos of the world, reconnect with themselves and with nature, and renew their energy in an environment that encourages transformation.

Yoga Retreat Salento

AUGUST 29 – SEPTEMBER 5, 2027.



Situated in Heel of Italy, a fascinating peninsula in the south of Puglia. Yoga in Salento is located a few kilometers from the “beautiful Baroque Lecce” and are equidistant from the Ionian and Adriatic Seas, offering a **perfect location to explore the wonders of Salento.**

Yoga Retreat Salento

AUGUST 29 – SEPTEMBER 5, 2027.



**WELLNESS AREA
SAUNA, JACUZZI, MASSAGE**

Ashtanga Yoga: A path to presence!

YOGA PROGRAM

MONDAY - SATURDAY 8:00 – 10:30AM

BREATHING PRACTICES + MYSORE / INTRO TO MYSORE

Morning Practices are the best way to start the day to awaken the body, breath and mind. Kriyas are used to clear the breathing passages, activate the centre areas of the body and clear the mind. Pranayama brings the mind into a balanced state. The group will be guided through a practices from the Kaivalyadham lineage.

Asana clears blockages in the body, strengthens and stretches the entire body. If you already have an established Ashtanga practice you will do your practice and we can aid you in refining and progressing. If you are new to the Ashtanga system, we will teach you how to begin and establish a solid base for the week and beyond to evolve in a healthy sustainable manner.

MONDAY 16:30 – 18:30

**LENGTHEN THE LEGS & FOLD FORWARD:
A DEEP DIVE INTO FORWARD BENDS**

Are you looking to deepen your forward folds and create more freedom through the back body? While tight hamstrings often get the blame, effective and sustainable forward bending is about much more than just stretching the backs of your legs. In this workshop, we'll explore how to cultivate space from the soles of your feet to the crown of your head—unlocking mobility and awareness in the hamstrings, calves, hips, spine, and more. Through a mix of targeted exercises, mindful movement, and functional alignment techniques, you'll learn how to lengthen your legs in a way that supports safer, more spacious forward folds.

Ashtanga Yoga:

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YOGA PROGRAM

TUESDAY 16:30 – 18:30

IMPROVING HIP FLEXIBILITY

This session is designed to awaken your hips, lengthen your hamstrings, and liberate your spine. Through a flowing practice, we'll generate heat in the body to soften resistance and melt into deep, nourishing movement. Focusing on powerful hip openers inspired by the Ashtanga tradition (and beyond), this session invites you to move inwards—into stillness, awareness, and introspection. Perfect for those seeking both physical release and deeper connection within.

THURSDAY 16:30 – 18:30

HEART OF THE SPINE: A JOURNEY INTO BACK BENDING

Back bending is more than just flexibility—it's an invitation to open, strengthen and re-pattern the spine with care. In this session, we'll explore the foundations of healthy back bending: grounding through the legs, engaging the core, and finding space in the shoulders and chest. Starting with a flowing sequence, integrating accessible shapes and gradually building toward more intermediate variations, you'll learn how to approach deeper backbends with intelligence, stability, and breath. Expect a mindful, progressive practice that supports your unique spine and nervous system.

SATURDAY 16:30 – 18:30

SAFE INVERSIONS: GOING UPSIDE DOWN WITH CONFIDENCE

Discover the power of turning your world upside down—safely. Inversions offer incredible benefits: improved circulation, a calmer mind, support for heart, lung, and thyroid health, and a sense of renewed vitality. But without mindful preparation, the risks can outweigh the rewards. In this session, we'll explore accessible pathways into inversion postures, tailored to your body's current level. With a focus on alignment, breath, and spinal safety, you'll learn how to build a strong foundation and gradually develop confidence in these transformative asanas. Whether you're new to going upside down or refining your technique, this session will guide you there with care.

Ashtanga Yoga: A path to presence!

PRICE & RESERVATION

400€ plus accomodation and travel costs

Bed in TRIPLE ROOM MIX private bathroom 738 €

Bed in TRIPLE ROOM private bathroom 774 €

Bed in DOUBLE ROOM shared bathroom 885 €

Bed in DOUBLE ROOM private bathroom 973 €

SINGLE ROOM private bathroom 1.134 €

DOUBLE room for SINGLE use shared bathroom 1.134 €

DOUBLE room for SINGLE use private bathroom 1.311 €

Accomodation includes - 7 nights, 6 brunches and 7 dinners, 1 Sunday breakfast, Twice a week room cleaning + once a week towel change, Staff assistance, Swimming Pool access, Yoga mats and prop

Contact:

linda@ashtangayogaparis.fr



Arrival/Departure, Meals & Free Time

ARRIVAL SUNDAY AUGUST 29TH

Arrival & Welcome Dinner 7pm

MONDAY - SATURDAY

VEGETARIAN BRUNCH 11:00

BETWEEN YOGA WORKSHOPS AND MEALS SPEND YOUR FREE TIME
AT THE POOL, WELLNESS TREATMENTS, QUIET TIME

GROUP ACTIVITIES TO EXPLORE SALENTO WILL BE ORGANISED TOGETHER

DINNER 19:00

DEPARTURE SUNDAY SEPTEMBER 5TH

BREAKFAST 8:00 - 10:00

Check-out 10:00.

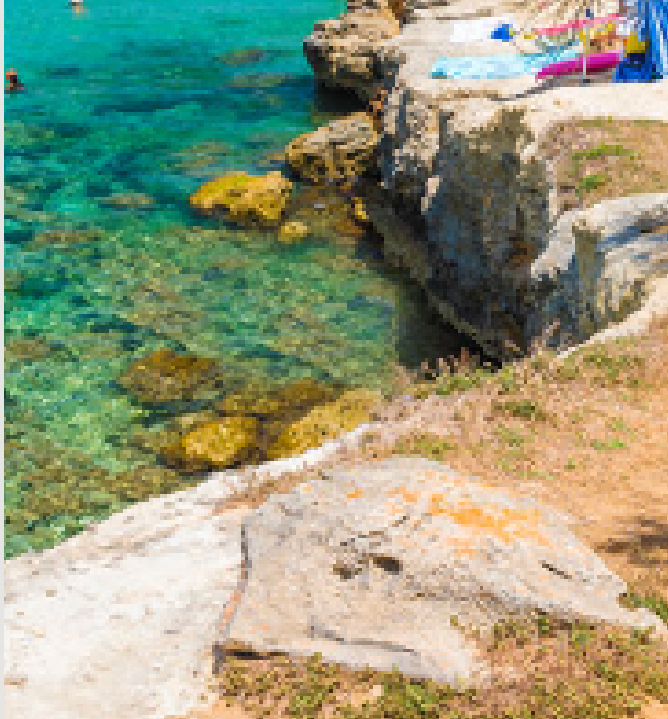
However, you can leave your luggage in the reception and stay for the day



ASHTANGA YOGA PARIS

About Salento

AUGUST 29 – SEPTEMBER 5, 2027.



The YIS retreat centre is **located in Zollino, in the heart of the Salento**. Twenty minutes from both coasts and from cultural centres such as Lecce, Otranto and Gallipoli.

YIS staff are at your disposal for the entire duration of the retreat to advise you about the **must-see places in the Salento**, organise excursions, guided tours, gastronomic tours, transfers, rentals and anything else to make your stay enjoyable.

Yoga Retreat

ABOUT GERALD



Gérald has been practicing yoga since 1989 and teaching since 1996. He discovered Ashtanga Vinyasa Yoga in **1991 with Sri K Pattabhi Jois in Mysore, India**. He spent 8 years traveling to Mysore spending 4 – 6 months per visit to learn more of the system. Gérald was taught up to the third series and was one of the first French students to have been personally **authorized to teach by Sri K Pattabhi Jois**. He had learned directly from the Guru at a time when there were not so many yoga students in Mysore and he has given workshops around the world. Australia, New Zealand, and around the USA and Europe.

In addition to his Ashtanga practice, Gérald continues to cultivate a meditation practice in the tradition of **Kriya Yoga**. He has a daily pranayama practice and has been certified to teach kriya and pranayama by his teacher, Sri O.P. Tiwari.

During his travels he visited Auroville, an international spiritual community in Tamil Nadu, South India. He related with the place immediately. It was a way for him to remain connected to the spirituality of India and also still have connection to the west, so he decided to build a house and a yoga shala and become a part of the **Auroville community**. Gerald spent 5 years there teaching daily Ashtanga Mysore style classes in between his workshops around the world; until 2004 when he decided, after being away for 17 years, to move back to France.

Contact him if you have any questions:
gerald@ashtangayogaparis.fr

Yoga Retreat

ABOUT LINDA



Linda is an experienced Ashtanga yoga teacher, known for her **precision, depth of knowledge, and therapeutic approach** to practice. She is the founder of Ashtanga Yoga Paris and the Ashtanga Yoga Paris Teacher Training School, where she has been training aspiring yoga teachers since 2008. With **30 years of experience**, Linda uses her extensive studies in anatomy, yoga philosophy, yoga wellness, and psychology to offer a unique, mindful practice that supports both physical alignment and mental clarity.

Linda's yoga journey **began in 1995 in Toronto**, Canada, after a serious car accident led her to explore yoga as a way to complement her physical therapy. This experience revealed the profound healing power of yoga, sparking a lifelong commitment to the practice. For Linda, yoga is not just a physical discipline but a path to living with awareness, kindness, and inner peace.

In 2004, Linda opened Ashtanga Yoga Paris, a studio that became a pillar of the Paris yoga community. Linda's teaching blends traditional Ashtanga techniques with a **deep understanding of anatomy**, allowing students to explore their practice safely and mindfully. Her focus on alignment and breath creates a balanced, sustainable practice that promotes long-term health and personal growth.

She holds an Honours Bachelor of **Psychology** and studied **Yoga Philosophy** under the mentorship of Georg Feurstein, enriching her understanding of the mind-body connection.

Contact her if you have any questions:
linda@ashtangayogaparis.fr

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