

ASHTANGA YOGA RETREAT WITH LINDA MUNRO

Deepen your Ashtanga practice in a serene escape surrounded by nature.

November 7th - November 14th, Punta del Este, Uruguay



ASHTANGA YOGA PARIS

LINDA MUNRO



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**, where she has been training aspiring yoga teachers since 2008. With 30 years of experience, Linda uses her extensive studies in **anatomy, yoga philosophy, and psychology** to offer a unique, mindful practice that supports both **physical alignment** and **mental clarity**.

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**.

Program

Format: 7-day retreat

FRIDAY, NOVEMBER. 7th

Snacks and refreshments available all day long as people will be arriving from different destinations at different times! Free time to meet and greet, get settled in and rest from the trip. **Check in starting at 13:00.**

18:00 – 19:30 Opening circle and Soft Practice with live music

19:30 Light dinner



Program

Format: 7-day retreat

SATURDAY, NOVEMBER 8TH

8:00 - 9:00 Light breakfast (fruits and nuts, coffee/tea)

9:00 – 11:15 Kriya, Pranayama & Ashtanga Practice

11:30 Vegetarian Brunch

16:00 - 18:00: Improving Hip Flexibility Workshop

19:00 Light dinner

20:00 Soothe Your Body, Lift Your Spirit: Restore to live music

SUNDAY, NOVEMBER 9TH

8:00 - 9:00 Light breakfast (fruits and nuts, coffee/tea)

9:00 – 11:15 Kriya, Pranayama & Ashtanga Practice

11:30 Vegetarian Brunch

16:00 - 18:00: Forward Folds Workshop

19:00 Light dinner

20:00 Soothe Your Body, Lift Your Spirit: Restore to live music

Program

Format: 7-day retreat

MONDAY, NOVEMBER 10TH

8:00 - 9:00 Light breakfast (fruits and nuts, coffee/tea)

9:00 – 11:15 Kriya, Pranayama & Ashtanga Practice

11:30 Vegetarian Brunch

16:00 - 18:00: Heart of the Spine: A Journey into Back Bending

19:00 Light dinner

20:00 Soothe Your Body, Lift Your Spirit: Restore to live music



Program

Format: 7-day retreat

TUESDAY, NOVEMBER 11TH

8:00 - 9:00 Light breakfast (fruits and nuts, coffee/tea)

9:00 – 11:15 Kriya, Pranayama & Ashtanga Practice

11:30 Vegetarian Brunch

15:30 - 17:30: Safe Inversions: Going Upside Down with Confidence

18:00 - 19:30 Sunset beach meditation & live music

20:00 Light dinner

WEDNESDAY, NOVEMBER 12TH

8:00 - 9:00 Light breakfast (fruits and nuts, coffee/tea)

9:00 – 11:15 Kriya, Pranayama & Ashtanga Practice

11:30 Vegetarian Brunch

16:00 - 18:00: Philosophy Talk: Understanding the Chakras

19:00 Light dinner

20:00 Chakra meditation & live music

Program

Format: 7-day retreat

THURSDAY, NOVEMBER 13TH

8:00 - 9:00 Light breakfast (fruits and nuts, coffee/tea)

9:00 – 11:15 Kriya, Pranayama & Ashtanga Practice (Mysore style)

12:00: Brunch at the beach!

16:00 Closing Circle

19:00 Light dinner

20:00 Bonfire Kirtan

FRIDAY, NOVEMBER 14TH

8:00: Light breakfast (fruits and nuts, coffee/tea)

Check out by 11:00



****All activities will be taught in English. However, Spanish and French translations will be available****

Location

Yoga 104

Nestled in the **quiet countryside just minutes from the sea**, this serene retreat center is a **sanctuary for stillness**, connection, and inner renewal. Thoughtfully built with **natural materials** and surrounded by native trees, it offers the perfect balance of **simplicity and comfort**.

From the yoga room, you might catch sight of wild horses grazing peacefully outside. Whether practicing in the light-filled shala, meditating to birdsong, or sharing silence on the deck, every corner invites presence—a space to **slow down, breathe deeply, and reconnect with yourself**, nature, and the rhythm of life.

See location on [Google Maps](#)





Food

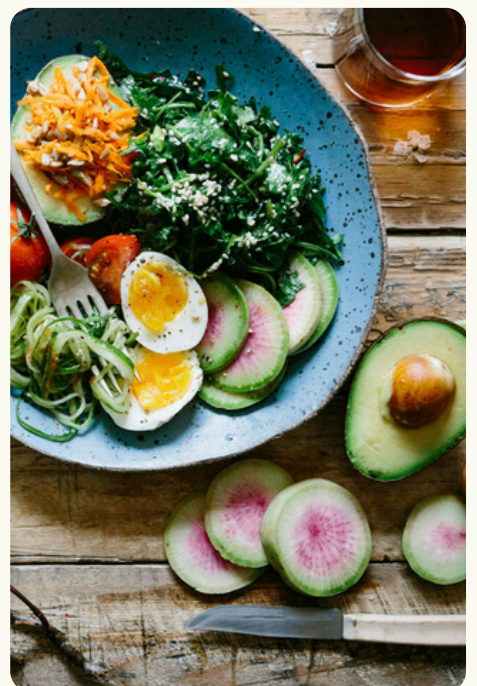
Nourishment provided by **NAM**

At **NAM**, food is more than a biological need or the pursuit of healthy choices — it's a **deeply spiritual**, cultural, and social act, where eating is not trivial, but a **transformative ritual**.

It's just as important to **understand who produces our food**, how it's grown, and under what conditions, as it is to know the techniques used to process it.

At **NAM**, we choose **agroecological, local, and earth-friendly products as ingredients**, and we see fermentation as the best method to unlock their hidden nutrients — improving digestion and supporting the immune system. It nourishes, balances, and delivers vital energy.

Private Chef **Nicolas Weinstein** will be creating delicious and health-conscious meals for us all week long!



Pricing and accomodation

Shared and private rooms

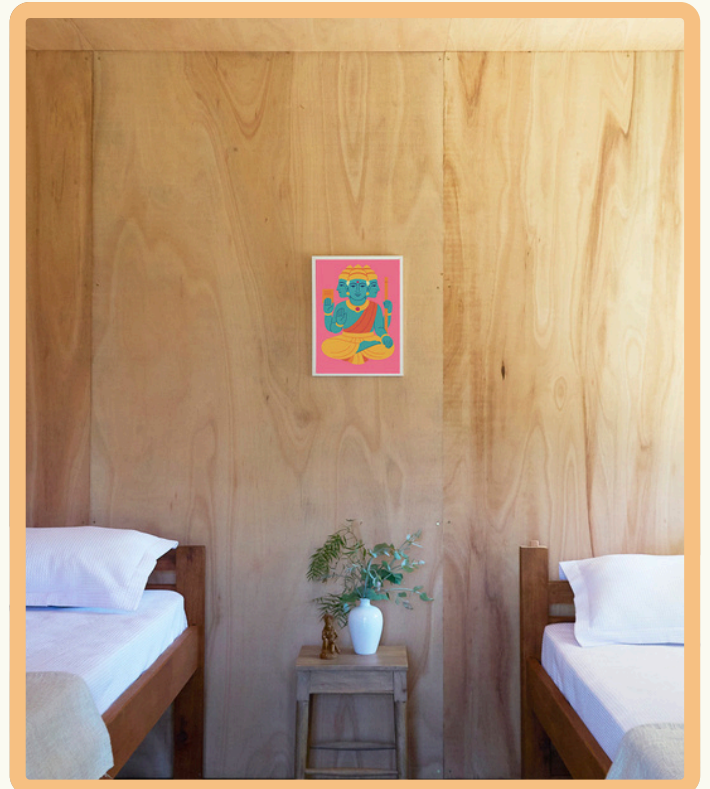
Full retreat option available for 25 students, including **all practices, accommodation, and meals.**

**Early Bird pricing – until
September 1st:**

Single bed in a shared room
1200 USD (per person)
(max 8 people per room)

Private double room for 2 people
1500 USD (per person)

Private single room
1800 USD
(two twin beds)



**Regular pricing – from
September 2nd onward:**

Single bed in a shared room
1400 USD (per person)
(max 8 people per room)

**Private double room for 2
people**
1700 USD (per person)

Private single room
2000 USD
(two twin beds)



Payment Options & Book your spot

Payments are done by bank transfer

From France: Banque LCL

Titulaire du compte: Mlle Fabiana Silberstein Silva

IBAN: FR52 3000 2004 2400 0009 4980 Q31

BIC: CRLYFRPP

From USA: City National Bank of Florida

Checking account number: 30000566731

Routing number: 066004367

From Uruguay: ITAU (USD)

Cuenta: 2627883

Titular: Silberstein Silva Fabiana

How to book your spot:

- Complete [this form](#).
- Make a deposit of 50% of the total cost.
- Confirm your spot by sending proof of payment to hello@fabashtangayoga.com

Cancellation Policy

- The deposit is **non-refundable**, but you **may transfer** it to someone else to attend the retreat in your place.
- If you've paid the full amount and cancel **up to one week** before the retreat, **50% will be refunded** or you **may transfer** it to someone else to attend the retreat in your place.
- If you cancel **less than one week before**, **no refund** will be issued. However, **you may transfer** it to someone else to attend the retreat in your place.





We're so excited to have you!

Any questions?

E-mail us at hello@fabashtangayoga.com

WhatsApp Fab at +59899713162

Instagram DM to @fab.ashtanga.yoga



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