

YOGA RETREAT

with Linda Munro & Gérald Disse

June 20 – 27, 2026.
Yoga in Salento, Italy



ASHTANGA YOGA PARIS

ANAKA

YOGA RETREAT

with Linda Munro & Gérald Disse

*Special Prices
to Celebrate Ashtanga Yoga Paris'
Anniversary*

June 20 – 27, 2026.
Yoga in Salento, Italy



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22ND ANNIVERSARY

YOGA RETREAT

Special Price Available February 14–20
at the renowned Yoga in Salento Retreat Center



One Free Spa Session
Book with a friend &
Save another 50€

Tent or camper
~~969€~~ **709€**

Bed in a triple room mix
~~1,102€~~ **807€**

Bed in triple room unisex
~~1,137€~~ **839€**

Bed in a double room shared bath
~~1,242€~~ **933€**

Bed in a double room private bath
~~1,326€~~ **1,009€**

Single room with a private bathroom
~~1,480€~~ **1,147€**

Double room for one person shared bath
~~1,480€~~ **1,147€**

Double room for one person private bath
~~1,648€~~ **1,299€**

Offer only available 14-20 February
Contact info@yogainsalento.com

Mindful Ashtanga Yoga for a Body that Lasts!

JUNE 20 – 27, 2026.

Practicing with mindfulness is a doorway to discover the endless subtleties of our inner world!

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

Linda and Gérald's commitment is to teaching Mindful Ashtanga Yoga. They focus of 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

JUNE 20 – 27, 2026.

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

JUNE 20 – 27, 2026.



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

JUNE 20 – 27, 2026.



**WELLNESS AREA
SAUNA, JACUZZI, MASSAGE**

Mindful Ashtanga Yoga

YOGA PROGRAM

SUNDAY - FRIDAY MORNINGS 8:00 - 10:30

KRIYA, PRANAYAMA, MYSORE / INTRO TO MYSORE FOR BEGINNERS

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 practice as a group.

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.

SUNDAY 16:00 – 18:00

THE GUARDIANS OF THE FIRST SERIES

In this workshop we'll take a close look at the hip opening poses that make this series a challenge for many people. Such as half-lotus, lotus, Kurmasana, Supta Kurmasana and others. We will begin the session with a short hip opening vinyasa sequence and then explore the poses in details. Using projects and partner work to bring insights into how to progress individually with poses requiring flexibility around the hips.

MONDAY 16:00 – 18:00

TWIST AND DON'T SHOUT (NOT LIKE THE BEATLES SONG)

During this workshop we will discover the anatomical aspects of twists. We will go over many ways of twisting our axis, to benefit the spine, strengthen the abdominal wall and detoxify the internal organs. Beginning the session with a short vinyasa warm up so everyone can feel comfortable in their twists to go deeper. Then we will explain in detail how to practice the twists of primary and second series in a safe and effective way.

Mindful Ashtanga Yoga

YOGA PROGRAM

WEDNESDAY 16:00 – 18:00
INTRO TO 2ND & 3RD SERIES

The 2nd series of Ashtanga can be intimidating, after all it comes after the first, which is already quite arduous, isn't it? But it complements the first series magnificently! At the beginning there is a whole series of progressive backward bends compared to the forward bends of the first. Additionally, there are far fewer Vinyasas, which makes it less energy-consuming. And just for fun, we'll start the 3rd series with the emblematic hand balancing poses Visvamisrasana and Vashistasana.

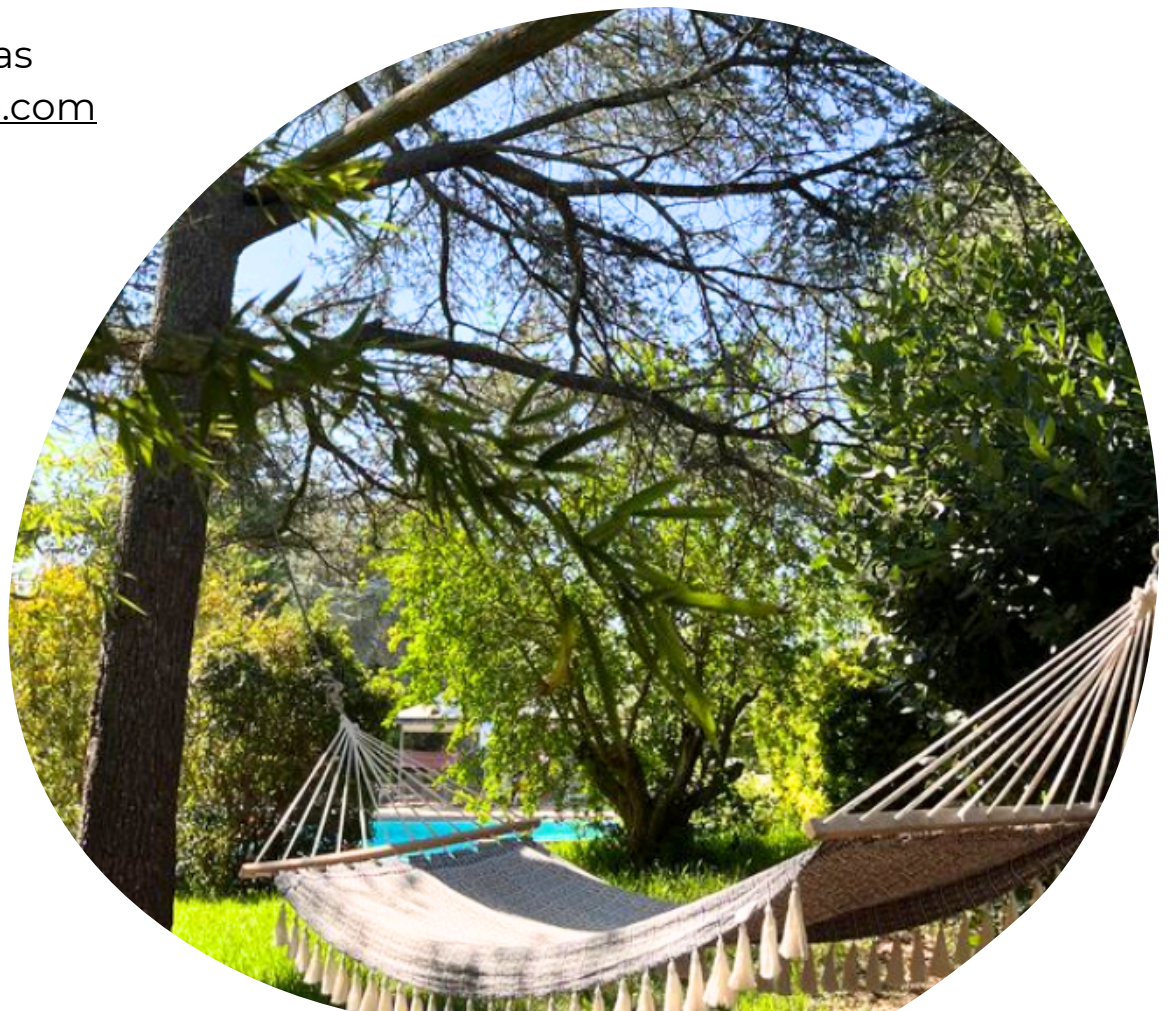
FRIDAY 16:00 – 18:00
INTRO TO THE YOGA SUTRAS

This text is a classic of Yogic literature, and we'll be looking at the most important sutras that reveal the true purpose of yoga practice. And it may not be what you think.

PRICE & RESERVATION

Yoga Program : 400€ + accommodation

Stay & Food & Wellness Extras
Contact www.yogainsalento.com
info@yogainsalento.com
+39 0836 600 284



Arrival/Departure, Meals & Free Time

ARRIVAL SATURDAY JUNE 20TH

Arrival & Welcome Dinner 7pm

SUNDAY - FRIDAY

VEGETARIAN BRUNCH 11:00

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

DINNER 19:00

DEPARTURE SATURDAY JUNE 27TH

BREAKFAST 8:00 - 10:00

Check-out 10:00.

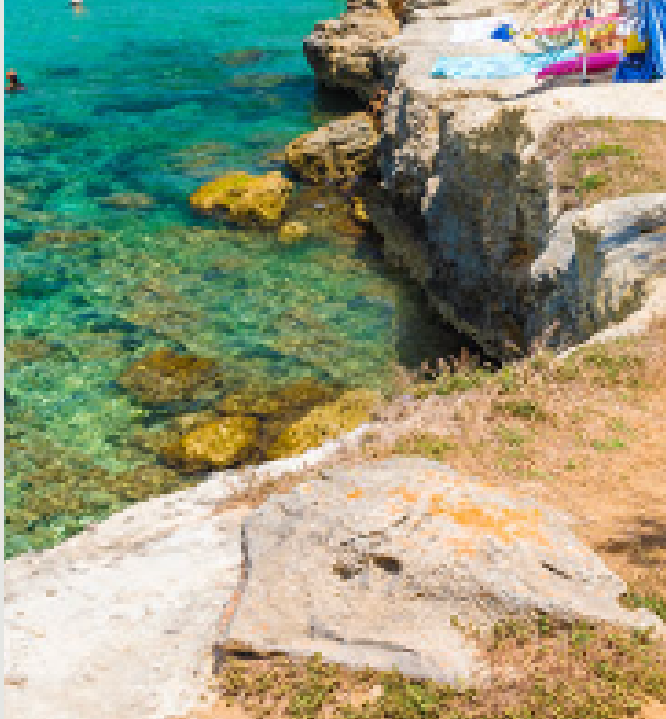
However, you can leave your luggage in the reception and stay for the day



ASHTANGA YOGA PARIS

About Salento

JUNE 20 – 27, 2026.



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.

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