



The complete system of yoga is a way of life which gives better health - both physical and psychological. Therapy with yoga does not involve any medications, it is not a physiotherapy either. It depends completely on a steady improvement of life-style. This is done by successive awakening and purifying the mind from accumulated imbalances (wrong concepts) and the diseases they generate (otherwise one deals with the physical symptom only – which is not the root of problems). The yogic traditions are thousands of years old and have been proven by plethora of practitioners and their fantastic results with health improvement. By applying different kinds of body poses, breathing techniques and meditations, one starts to let go the physical and mental blockages responsible for all kinds of unwanted conditions, such as: anxiety, depression, fear, high/low blood pressure, insomnia, loneliness, overweight and of course the back pain (plus many others).

Yogis who follow the tradition share their knowledge with others in order to help them awaken their full potential. I, too, look forward to meeting anyone who wants to learn and improve their health.

Below you will find the conditions related to my offer. May it be used for your benefit and for the benefit of everyone who is part of your surroundings.

With respect,
Weronika Maria Kostrzewa

THE PROGRAM FOR PERSONAL TRAINING

- Once your booking is confirmed, the teacher is going to start working on the coaching program prepared individually for you – based on the information you will give. It will include: body movement, breathing techniques, meditation, general training of the mind and diet. The goal is to improve your current physical and mental state. You will learn how to gain better balance between different elements of your life, such as: family, work, friends (even enemies) and your free time.
- General program will be discussed before your arrival. Detailed program with daily schedule will be presented to you upon your arrival, during the first meeting with the teacher.
- You can enjoy other activities during your stay, as there will be free time in the schedule daily. However, the concept of such retreat is to stay focused on your goals: learning, reflecting and healing. Less distraction guarantees better results.
- All the information that you exchange with the teacher are kept as confidential.



The view from Rota Vicentina - the walking path inside Sagres and the natural park of West Algarve. It is known for its unspoiled beaches, stunning cliff sides, eucalyptus forests, lakes and the Monchique mountains. You can observe here the wild marine life, including dolphins, orcas, whales and many interesting birds' species.

ACCOMMODATION

- It depends on your preferences but it shall be located nearby the accommodation of the teacher (+/- 15km) which is Pogorzelica by the Baltic Sea in Poland or inside Costa Vicentina nature park in Portugal (in Algarve)
- Feel welcome to request our list of recommendations for the local guest houses, hostels, hotels, etc.
- It is possible to change the location but it will rise the general costs – you will be obligated to pay for extra transportation and accommodation of the teacher.

DIET

- A special balancing and cleansing diet will be prepared for you. It will be based on the principles of Ayurveda - the ancient Indian natural medicine system. Before your arrival you will be asked to fill in the form and make few medical tests. That way we will find out your Ayurvedic „constitution”, excesses and deficiencies.
- The diet will be predominantly vegetarian.
- All kinds of food allergies and intolerances will be catered.

PAYMENT POLICY

- A non-refundable deposit of 220€ (or 1000PLN) is required at the time of booking, in order to secure your dates and allow the teacher to start working on your program. This payment will allow the teacher to start on your program and it will confirm your authenticity. During the retreat this money will be used to cover the expenses which the teacher will have while organizing your retreat.
- One week before your arrival you will be obligated to transfer the money for the food shopping according to the following estimation: 22€ (or 100PLN) for each day of your stay.

TRAVEL INSURANCE

- It is recommended to purchase a travel insurance, as no refund of the payments will be given for cancellations, no-shows, early departure, etc. The insurance should be with adequate coverage for the location and the type of activities you intend to undertake during your stay.
- It is recommended that you have an up-to-date EHIC card or equivalent for any medical services you might need.
- The teacher is not responsible for any robbery, theft or damages of personal items or health that may occur during your stay.

DONATION

When the retreat is over, you may donate to the teacher based on your personal impression of the value of the service offered to you.