

YOGA AND AYUVERDA RETREAT

leela
SHALA

APRIL 4-5, 2020



WITH MAY BECKHAUSER AND LU FERRAZ
HOMESTEAD, FL

YOGA AND AYUVERDA

Yoga and Ayurveda are a complete system of well-being. They are two interrelated branches of the same great tree of Vedic knowledge that encompasses all human life and the entire universe.

Yoga and Ayurveda are not merely two separate but related healing disciplines of India. Each has its unique place and function, but each overlaps into the other on various levels.

Ayurveda is the Vedic system developed specifically for healing purposes. Yoga is the Vedic system of spiritual practice (sadhana).

We will learn through Yoga practice, Pranayama (healing breathing techniques), Mantras (sacred sounds of healing frequencies), meditations, visualizations, herbs, food and lifestyles ways to bring our born divine consciousness into daily life.

We will go home after this weekend feeling nurtured, whole and inspired!





LU FERRAZ

leela
SHALA

Luciana Ferraz has had a passion for healthy living since being introduced to nutritious foods and activities as a young child. In her late teens, Luciana adopted a cleaner diet and began practicing yoga. Once she experienced how good those changes were for her mind, body and soul, there was no turning back.

Luciana's interests in healthy, holistic living became so strong that she left her corporate career to pursue a higher quality of life with greater balance. Her journey took her around the world, where she soaked up inspiration and restoration at retreats and studied yoga and Ayurveda (and continues to do so). Feeling healthier, happier and younger,



Luciana was inspired to help others achieve greater balance in their own lives. She expanded her education and now uses all she has learned to motivate and empower others so they, too, can restore their mind, body and soul.

Luciana's education and credentials:

- Ayurveda Practitioner - Kerala Ayurveda Academy -
- Gurukulu Program - Vasanta Institute of Ayurveda Pune-
- Ayurvedic Health and Wellness Counselor - Sai Ayurvedic College
- Integrative Nutrition Health Coach (INHC) - Institute of Integrative Nutrition
- Certified International Health Coach (CIHC) - International Association for Health Coaches
- Registered Yoga Teacher (RYT 200) - Yoga Alliance
- Advanced Yoga Studies - Evolutionary Global Prana Vinyasa
- AyurYoga® teacher certification - The Ayurvedic Institute
- Member of NAMA - National Ayurvedic Medical Association
- Bachelor's degree in Advertising from Rollins College

MORE INFORMATION:

WWW.LEELASHALAYOGA.COM

+1(786)614-7510 / INFO@LEELASHALAYOGA.COM

MAY BECKHAUSER



Mayara started practicing yoga at the age of 16. She always liked to stretch alone and have quiet moments reading or laying down with some crystal.

When she took her first yoga class, it was like a reunion with something she didn't know that had a name. Her passion for helping other human beings to transform themselves, led her to teach.

May has a unique style, mixing Hatha Yoga, Kirtans, chakras alignment, crystal healing and other techniques achieved during more than 15 years of Yoga study and healing techniques. She calls her style Holistic Yoga.



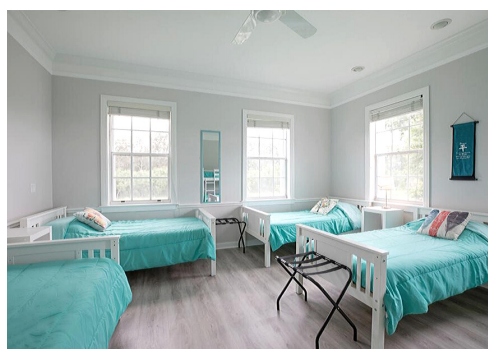
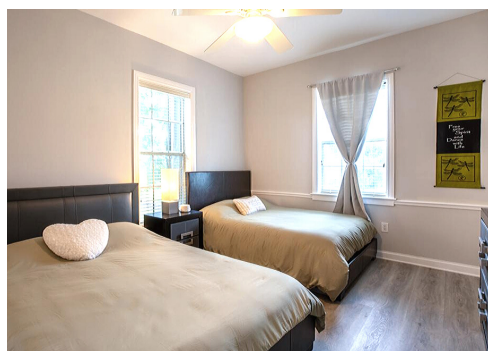
May's education and credentials:

- Registered Yoga Teacher (RYT 500) – Yoga Alliance;
- Theta Healer – The Theta Healing® Technique;
- Access Bars Therapist – Access Consciousness®

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HEART TAPESTRY HOUSE

Homeasted is a city within Miami-Dade County in the US state of Florida, between Biscayne National Park to the east and Everglades National Park to the west. Found just 30 miles south of Miami.

This house is a healing center, with a lot of trees, crystals, energy from the Mother Earth, a big room to practice yoga, cozy accommodations, big kitchen to cook our oatmeal after our sadhana, cook the kitchari, laugh, learn and have fun.

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SCHEDULE

SATURDAY, 4TH APRIL

7:30am - Kriyas
7:45am - Morning Yoga
9:30am - Tea and oatmeal
11:30am - Ayurveda Talk
1:00pm - Ayurveda Cooking Demonstration
1:30pm - Lunch
3:00pm - Yoga talk
4:30pm - Tea and fruits
5:00pm - Tantric Pranayamas - Emotions Liberation
6:00pm - Set your intentions for the Super Full Moon
7:00pm - Dinner
8:30pm - YOGA TRANCE DANCE (TM)

SUNDAY, 5TH APRIL

7:30am - Kriyas and Pranayamas
8:00am - Yoga Asanas
9:15am - Sound Healing and chakras balance
9:30am - Tea and oatmeal
11:30am - Ayurveda Talk
1:30pm - Lunch
3:00pm - Yoga talk
4:00pm - Breathwork - Liberation of Anahata and Vishudha Chakra
4:30pm - Tea and fruits
5:00pm - Restorative Yoga
6:00pm - Dinner and Departure



PRICES

\$620 - including 1 or 2 nights accommodation, all yoga classes, all lessons, all meals. -

\$440 - all yoga classes, all lessons, all meals (no accommodation)

HOW TO GET THERE

If you are coming from Brazil or other town you can arrive by plane in Miami International Airport and rent a car to drive 40 minutes until Homestead.

If you prefer to go by Uber it will cost approximately US\$55 per trip (\$110 round trip).

QUESTIONS?

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