

GOCO

SPA  
DAIOS COVE

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# HEALING MASTERS

## PRANAYAMA & ASHTANGA YOGA

AUGUST 1 TO 15, 2020

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# SUMMER DIEN

## PRANAYAMA & ASHTANGA YOGA

VISITING DAIOS COVE FROM  
AUGUST 1 TO 15, 2020

Explore and evolve your yoga abilities with Summer Dien, international Pranayama and Ashtanga yoga specialist.

## MEET SUMMER DIEN

Gifted in working with both advanced and new practitioners alike, international yoga teacher Summer Dien is committed to the path of yoga and to serving others through sharing her knowledge and experience.



With over a decade of advanced yoga education in both the classical Pranayama practices of the Kaivalyadham lineage and the traditional Ashtanga Vinyasa system, Summer has taught classes, given workshops and hosted retreats in Europe, Asia, Africa, as well as Central and Northern America.

Summer brings a softness and grace to the dynamic practice of Ashtanga and shows students how to use their body in the most efficient and intelligent way possible. She has a liberal, non-dogmatic approach that is both light-hearted and refreshing, and she advocates modifying the poses to suit her student's current needs and abilities, showing that yoga is indeed for every body.

## YOGA SESSIONS OFFERED BY SUMMER

### Private One-on-One Session

60 min / 115€  
90 min / 135€

Spend time going in depth with your yoga practice. With Summer's undivided attention, work on any aspect of yoga and ask any questions you wish. Through her guidance, learn and adapt a new sequence specifically tailored to your body and your needs and emerge from the session well-equipped with an improved understanding of the yogic practices you can implement in your daily routine.

### Group Yoga Class

Schedule according to the resort's activity programme

60 min / 65€  
90 min / 95€

Join either a morning or afternoon session of yoga practice that incorporates Pranayama, classic breathing exercises that help balance the nervous system and cultivate inner peace. Through therapeutic hands-on adjustments and individualised guidance, Summer encourages you to go to the edge of your comfort zone, where you will experience growth and evolution.

### Morning Session

The morning session explores a dynamic, breath-centred asana practice that will invigorate your senses and prepare you for the day ahead.

### Afternoon Session

The afternoon session allows for a gentler, more restorative practice that is both relaxing and soothing. By bringing the body and mind back to a state of balance and harmony, you will end the day feeling relaxed and calm.





## YOUR SESSION

To reserve your session or obtain further information,  
please contact GOCO Spa Daios Cove on Tel. 450.

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