HEALING MASTERS
PRANAYAMA & ASHTANGA YOGA
AUGUST 1 TO 15, 2020
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.

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.

SUMMER DIEN
PRANAYAMA & ASHTANGA YOGA
VISITING DAIOS COVE FROM
AUGUST 1 TO 15, 2020
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 60 min / 65€
Schedule according to the resort’s activity programme 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.

GOCO SPA DAIOS COVE
CRETE - GREECE

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