



LiFe iN
YOGA



the mat and beyond...



LiFe In YoGa

— week without walls —
2019

Mission Statement -



In light of the original definition of Yoga, “to unite” and “come together”, this 5-day workshop-retreat aims to work and practice the connection of our minds and bodies.

The uniqueness of **LiFe In YoGa** is that all activities are focused on integrating and fostering what we do, everyday, with the philosophy of yoga: To be attentive, practice awareness, act with devotion and truth.

Let’s explore the possibility of change, and learn new paths towards knowing and owning our health.

Life In YoGa & Education -



As a former Nido faculty member, Life in Yoga was designed with the desire of becoming part of WWW program and to provide an excellent educational experience to Nido's High School students.

With Life In Yoga, students will exercise their physical bodies in a new holistic way, walk and open their senses to nature, and learn about health from within.

Life in Yoga presents the opportunity to learn new life skills, cultivate self-awareness, gain personal strength, and pay attention to our actions-- how they affect others and the world. Furthermore, throughout the 5-day experience, students will be stimulated with creative prompts that call for reflection of ourselves as individuals and learners.

Life in Yoga strives to promote Nido's core values of Engagement, Generosity, Happiness, Ingenuity and Adaptability. Furthermore, we look forward in working together with HS Nido students introducing and inspiring CAS opportunities to both upcoming and current IB students.

Activities



My personal home/yoga studio welcomes Nido students to this 5-day Life In YoGa experience. It is located at the footsteps of the Andes mountains, specifically in Camino a Farellones Km. 3,5. We will be carrying out all outdoor activities from this location as well, since there is direct access to beautiful trails and views of Santiago.

- ❖ *Yoga Asana Practice:* Physical component that challenges strength - flexibility - balance. Through each 90-min practice, students will be exploring their bodies, from a standpoint of anatomy (skeletal, muscular and respiratory system) and the use of energy. Students will be guided towards physical awareness and mind-body connection.
- ❖ *Health & Nutrition:* Understanding our diet as the fuel and nourishment to our minds and bodies, it is fundamental to be conscious of our choices. We will explore new ways of energizing our days with healthy, colorful and innovative food. Students will be handed information and all recipes of the food provided throughout the program.
- ❖ *Exploring the Outdoors:* Honoring the spirit of a week without walls, students will be guided to explore nature and connect with what is around them. 60 - 90 minutes walks will take place on the footsteps of the beautiful Andes mountains, overlooking the valley of Santiago.
- ❖ *Creative Writing:* The written word is a testimony of thoughts, ideas, and creativity. We will enhance the power of writing, and students will undergo specific prompts every day. Free-flow writing, accompanied and led by oral discussions, will allow students to culminate their days with a deeper understanding of their WWW experience. Collaborative written creations, projects, and ideas will also be part of our reflection sessions.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - 9:30	Welcoming- Opening-Pranayama.				
9:30 - 11:00	Yoga Asana Practice				
11:00 - 11:45	Break- Brunch Prep Class				
11:45 - 12:45	Brunch	Brunch	Brunch	Brunch	Brunch
1:00 - 2:30	Outdoor Activity				
2:30 - 3:00	Restorative Physical Practice				
3:00 - 3:30	Reflections- Writing - Closing				

Additional Information -



- ❖ No previous yoga experience required.
- ❖ Suitable for all physical levels.
- ❖ Food + recipes included. (*Specific dietary modifications can be made. (must be communicated in advance).*)
- ❖ Yoga mat included, for every student to keep.
- ❖ Student must arrive to school at 8:30am, and will be returned to school every day at 4:00pm.
- ❖ Cancellation policy, 15 days before trip, 50% of total will retained. Within 5 days before trip, 100% of fee will be retained.

Cost: \$300,000 CLP per student.
(*maximum 10 students*)

