

7 DAYS OF SAMA ASHTANGA YOGA

FROM CONDITIONING TO CONSCIOUS
PARTICIPATION

APRIL 24 – 30, 2027.

With Chuck & Syrena

FULL 7-DAY:
EARLY BIRD (BEFORE JANUARY 15,
2027): 700€
NORMAL: 750€

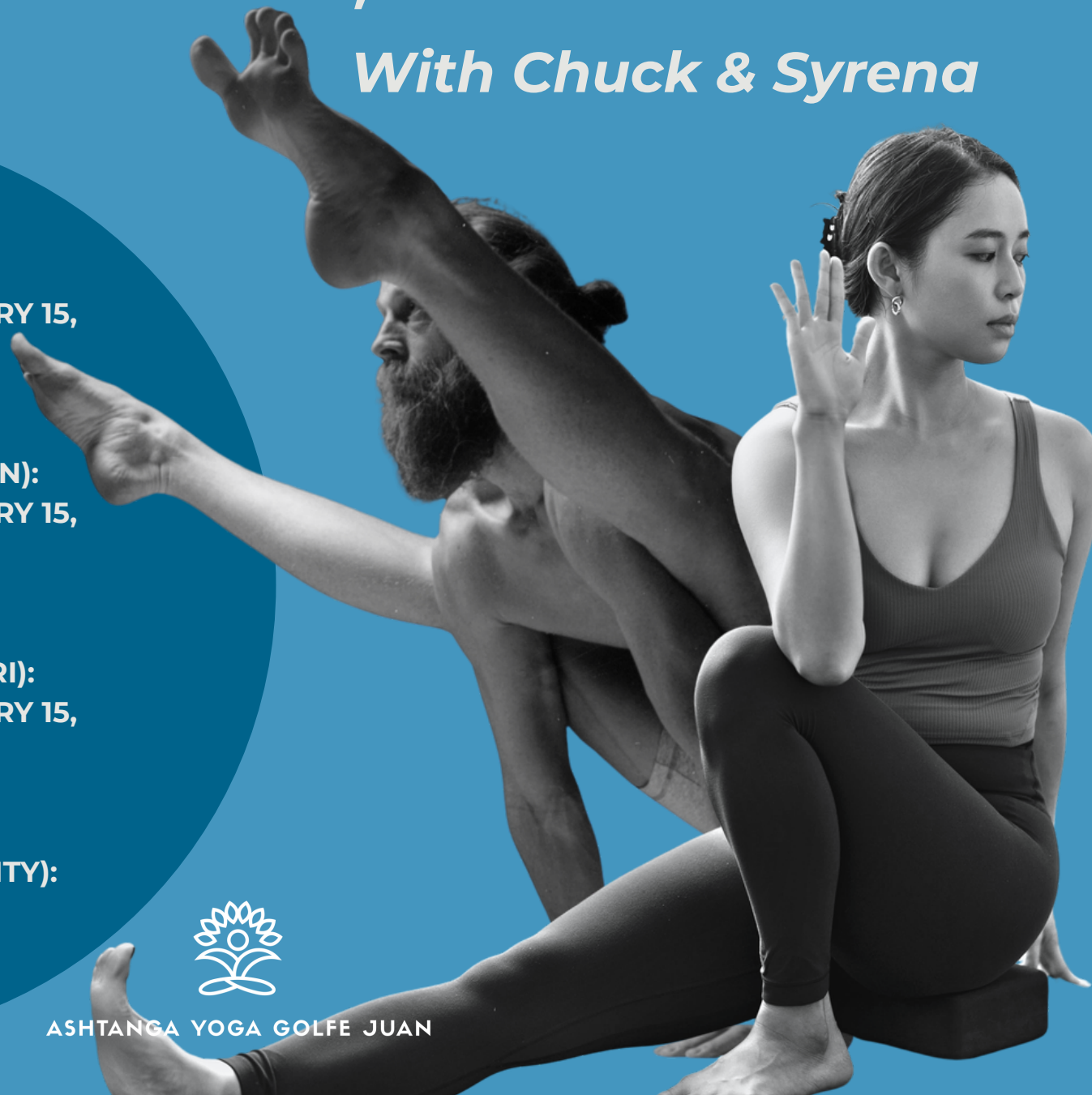
WEEKEND ONLY (SAT & SUN):
EARLY BIRD (BEFORE JANUARY 15,
2027): 230€
NORMAL: 250€

WEEKDAYS ONLY (MON-FRI):
EARLY BIRD (BEFORE JANUARY 15,
2027): 530€
NORMAL: 550€

ONE DAY (UPON AVAILABILITY):
130€



ASHTANGA YOGA GOLFE JUAN



In this 35-hour immersion, practices are used as a direct means of inquiry. They are grounded yet spiritual, using the human body as a vehicle. We are not learning to achieve or complete anything. Alignment and action are gradually internalized as strength within us—a strength that allows us to meet challenges and remain sober and open in an ever-changing world.



The journey from conditioning to conscious participation is not about becoming someone different. It is about developing the capacity to meet ourselves and our circumstances with greater clarity, steadiness, and awareness.



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Through the model of the Pancha Maya Koshas, we explore the interconnected relationship between the gross and the subtle dimensions of our experience. Through the observation of samskara-s, we begin to recognize the patterns that shape how we move, think, feel, and respond. Through practice, we cultivate sama— not as the absence of opposing forces, but as the ability to remain in relationship with them without becoming completely dominated by any one tendency.





As awareness deepens, an important question emerges: if we are not simply following our conditioning, what guides our actions? This is where sankalpa and vairagya meet. Sankalpa gives us direction, while vairagya gives us freedom. Together, they teach us how to engage wholeheartedly without becoming attached to outcomes.

From this perspective, yoga is not a path of perfecting postures or escaping the challenges of life. It is a practice of learning how to participate more consciously in the ever-changing conditions of our experience. The more clearly we can see our patterns, the more skillfully we can respond to them. And as the space between conditioning and response grows, so too does our capacity for choice.





Freedom is not the absence of conditioning. Nor is it the ability to control every aspect of our lives. Rather, freedom emerges when we are no longer completely governed by our habits, reactions, preferences, and fears. It is found in the capacity to respond rather than merely react, to participate rather than be carried unconsciously by circumstance.

From the gross to the subtle, from conditioning to conscious participation, this exploration invites us to discover a deeper sense of balance, intention, and ultimately, freedom—not freedom from life, but freedom within it.



ASHTANGA YOGA GOLFE JUAN

Day 1: Kosha & Samskara

11:00 – 13:30

Guided Meditation, Pranayama and Asana Practice

14:30 – 17:00

Q&A/ Philosophy

Samasthiti Lab

Day 2: Bandha & Ujjayi

11:00 – 13:30

Guided Meditation, Pranayama and Asana Practice

14:30 – 17:00

Q&A/ Philosophy

Surya Namaskara Lab

Day 3: Breath, Roots, Core

11:00 – 13:30

Guided Meditation, Pranayama and Asana Practice

14:30 – 17:00

Q&A/ Philosophy

Standing Poses Lab



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Day 4: Samasthiti in Practice

11:00 – 13:30

Guided Meditation, Pranayama and Asana Practice

14:30 – 17:00

Q&A/ Philosophy

Front Stretch Lab



Day 5: Samasthiti in Practice

11:00 – 13:30

Guided Meditation, Pranayama and Asana Practice

14:30 – 17:00

Q&A/ Philosophy



ASHTANGA YOGA GOLFE JUAN

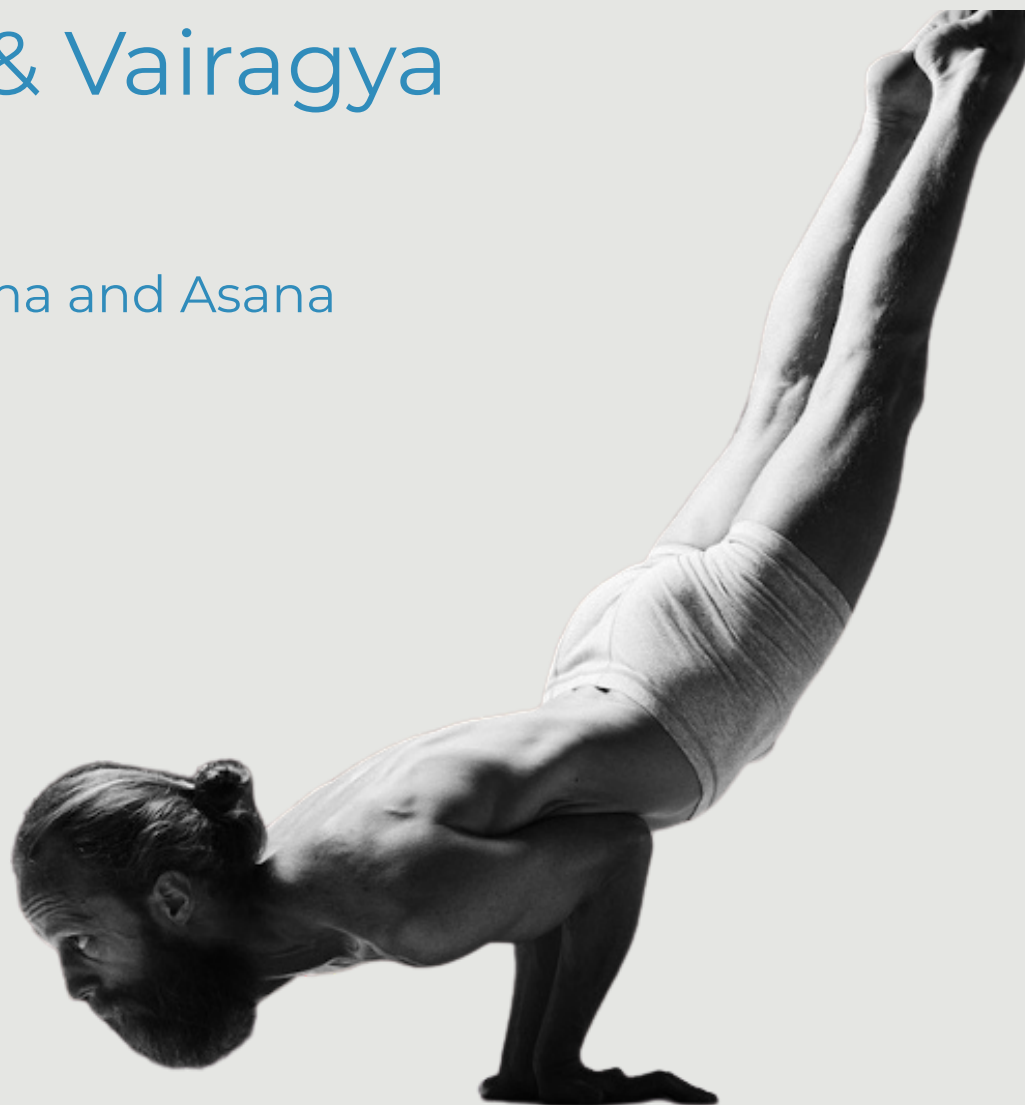
Day 6: Sankalpa & Vairagya

11:00 – 13:30

Guided Meditation, Pranayama and Asana Practice

14:30 – 17:00

Q&A/ Philosophy
Shoulderstand Lab



Day 7: Abhyasa Vairagyabhyam Tan-Nirodhah

11:00 – 13:30

Guided Meditation, Pranayama and Asana Practice

14:30 – 17:00

Q&A/ Philosophy
Urdhva Dhanurasana Lab



April 24 – 30, 2027.

Prices:

Full 7-day:

Early Bird (before January 15, 2027): **700€**

Normal: **750€**

Weekend Only (Sat & Sun):

Early Bird (before January 15, 2027): **230€**

Normal: **250€**

Weekdays Only (Mon-Fri):

Early Bird (before January 15, 2027): **530€**

Normal: **550€**

One day (upon availability):

130€

