

“ASHTANGA IMMERSION” LITHUANIA RETREAT - THURSDAY 30TH MAY - TUESDAY 4TH JUNE 2024



**ASHTANGA IMMERSION LITHUANIA
RETREAT - MAY 2024**

With Calum Thomson

Ashtanga
Cheshire

“ASHTANGA IMMERSION” LITHUANIA RETREAT - THURSDAY 30TH MAY - TUESDAY 4TH JUNE 2024

When & Where?

May 30th - June 4th 2024

Šiaurys

Pasiaurės k. 1, Labanoro sen.,
Švenčionių raj. sav. Labanoras, Lithuania

“Šiaurys” is located in the Labanoras Forest. 70 km from Vilnius Airport and 120 km from Kaunas Airport.

(flights from Manchester - Vilnius are around £250.00 return for the immersion dates and we send one transfer for the flight arriving on the 30th early afternoon and we have arranged the departure transfer for 10:30am on the 4th which is included in the immersion price)





Recreation complex Šiaurys is located in the legendary Labanoras Forest

This is a land for the people who love nature and believe in its powers, who want to make a pause in the midst of the busy schedules and immerse themselves in their Ashtanga Yoga practice.

To feel the silence and healing power of the forest. Join us for this 5 night Ashtanga immersion this May 2024.

We have hired the peninsula for your summer 2024 Ashtanga Yoga Immersion retreat in a magical Lithuanian forest!

We have hired the whole grounds for this May Immersion. The Big Šiaurys and the Little Šiaurys, the Vajus House, the white smoke sauna, the lake recreation areas and the outdoor forest library.





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Your Ashtanga Teacher

Calum Thomson

@_Ashtanga_cheshire_

www.ashtangacheshire.co.uk



500hr Ashtanga Vinyasa Teacher - Calum Thomson (Ashtanga Cheshire)

I found the practice of yoga in its postural form in 2008 at a point in my life when it was necessary to make some serious lifestyle changes and at first yoga became the tool to achieve this, it worked and the practice had a profound effect upon me early on so it didn't take long to become a dedicated practitioner. After a couple of years I found Ashtanga Vinyasa System as created by Pattabhi Jois. Having practiced the Primary Series and an introduction to the intermediate series for a few years I travelled to Mysore India in 2014 to practice under Sharath Jois at the KPJAYI, the birthplace and spiritual home of this practice, later travelling north to the Himalayas to gain my 200hr Yoga Alliance teaching accreditation in Ashtanga Vinyasa under the tutelage of Vijay Amar.

I started to teach the practice in 2016 in a few local studios, gyms and health clubs and over the next two years had gained more than 700 hours of face to face teaching experience, my students and myself progressed through our practices far enough that in 2018 it was apparent that returning to India in order to complete my 500hr Ashtanga Vinyasa Yoga Alliance teaching accreditation was necessary, this gave me the confidence to teach the Intermediate series to my students and for myself to delve into the Advanced A series. This once again was under the tutelage of Vijay Amar. In addition in the summer of 2023 I furthered my studies with Progressive Ashtanga Teacher David Kyle in the style of "Rocket" Yoga completing my 50 hour training in Lisbon. Rocket is a complimentary practice of the Ashtanga Method.

Since then, I've surpassed 5000 hours of face to face teaching by continuing to teach at Yoga Studios, gyms and health clubs, I have also set up a Mysore room which is held 1 week each month in the summer months. I hold workshops at Yoga Studios and teach Privately one to one, small groups and at small private retreats.

Other courses I've taken to compliment my teachings include Reiki and the Emmett technique which is a muscle release therapy, both of these have been useful tools in assisting yoga students with the development of their practice.

As well as continuing to practice the physical aspect of Yoga, meditation and energy work have taken a more prominent part in my practices.

As a teacher it is my hope that the students who come to me reach their potentials, exceed their own limitations and to see how what they learn on their mats can be transferred to all aspects of their lives.





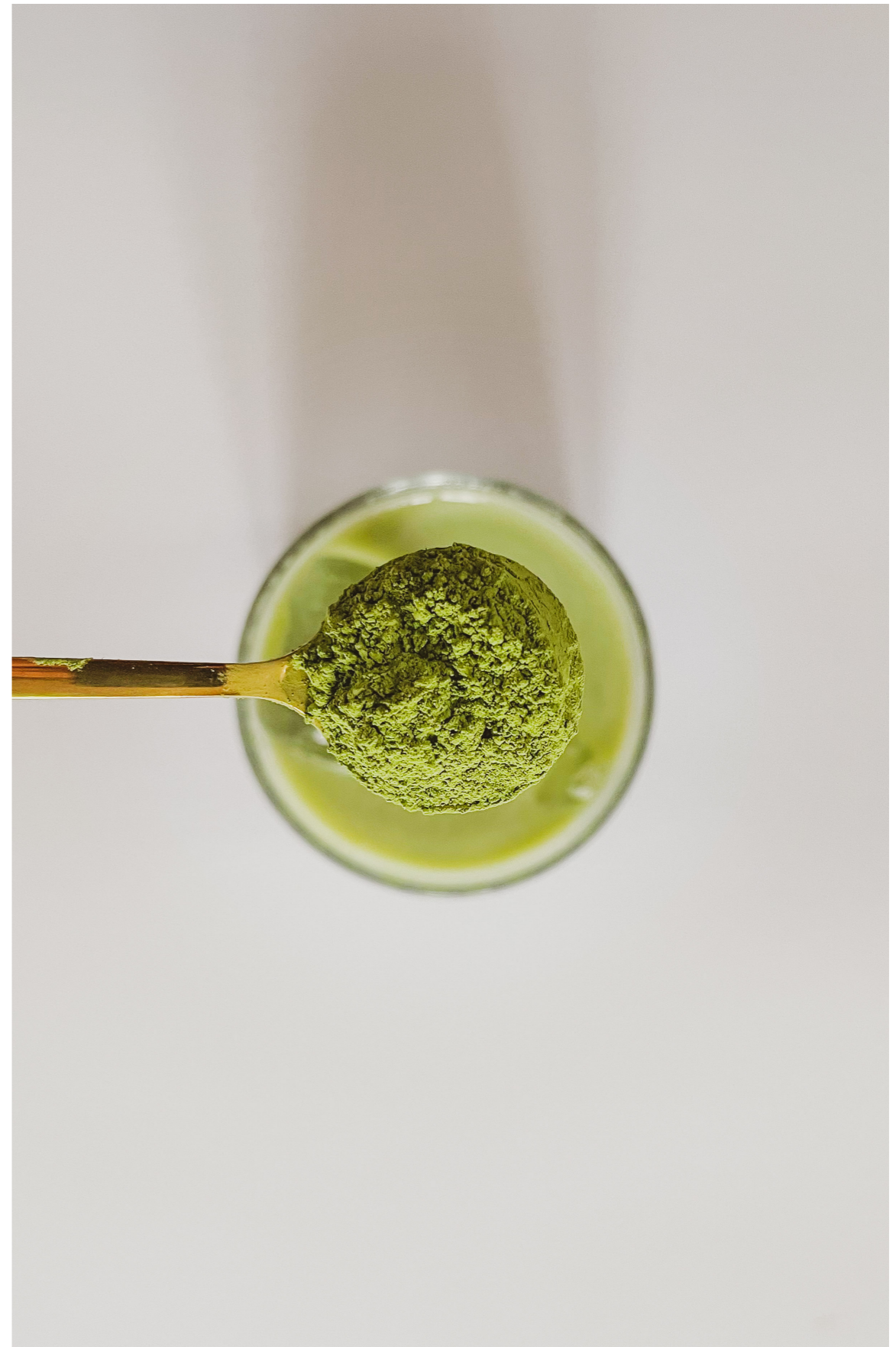
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The Food

By Kelly Mason

@_Kelly_Mason_

www.bykellymason.com





Plant based private wellness chef - Kelly Mason (By Kelly Mason)

Kelly Mason is a Plant based chef, 1190hr Yoga teacher and Artist.

During 2017 she moved to Orange County, southern California and began her training in raw, plant based cuisine and nutrition.

She has since collaborated on a number of 5 star Multi award winning wellness and health retreats both nationally and internationally and is currently working as Personal wellness chef in Notting Hill for private clientele.

She is a conscious recipe developer for a number of transformational superfood and adaptogen brands including Sun potion, LA cold pressed, Mason & Co chocolate, Hempika, Bold bean Co, Hu Kitchen and Supernova living and has features of her cuisine in Cheshire life, Cheshire living and Vegan life magazine.

“MY SERVICE OF PLANT BASED CUISINE IS MY LIFES WORK. IT IS MY KARMA.” Kelly Mason



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SAMPLE MENU

BREAKFAST

*Cacao and raspberry adaptogenic rose bircher Fresh fruits
Turmeric lemon ginger cayenne shots HARA green smoothie*

LUNCH

Chickpea socca. Lemon tahini. Mixed salad greens. Sprouted tricolour quinoa. Green chimmichurri.

DINNER

Leek and spinach wild mushroom buckwheat risotto. Black pepper truffle pine nut cream.

DESSERT

Chamomile poached pear. Citrus cashew cream. Gold leaf.



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The Accommodation

At Šiaurys



Room Options & Retreat pricing

There are varying price packages available, plus an early bird discount of £50 for bookings made before February 1st 2024

MAIN HOUSE

ROOM 1 - DOUBLE (SINGLE PERSON) - SHARED BATHROOM WITH ROOM 4 AND ROOM 3 £1050.00

ROOM 2 - DOUBLE - PRIVATE BATHROOM - £1250 (COUPLE £2350)

ROOM 3 - DOUBLE (SINGLE PERSON) - SHARED BATHROOM WITH ROOM 4 AND ROOM 1 - £1050.00

ROOM 4 - 3 SINGLE BEDS (3 PEOPLE) - SHARED BATHROOM WITH ROOM 3 AND ROOM 1 - £800.00 per person

ROOM 5 - DOUBLE (SINGLE PERSON) - SHARED BATHROOM WITH ROOM 6 £1150.00

ROOM 6 - DOUBLE (SINGLE PERSON) - SHARED BATHROOM WITH ROOM 5 £1150.00

GUEST HOUSE

ROOM 1 - DOUBLE - PRIVATE BATHROOM - £1250 .00 (or couple £2350.00)

ROOM 2 - DOUBLE - PRIVATE BATHROOM - £1250 (or couple £2350.00)

ROOM 3 - DOUBLE - PRIVATE BATHROOM - £1250 (or couple £2350.00)

For all enquires, availability and bookings email ashtangacheshire@yahoo.com . Spaces are limited to 15 guests. If you are interested in joining this retreat please book as soon as possible to secure your space.

Note : All prices exclude flights and transfers. Each price includes all food, accommodation, workshops, sauna, arranged hike, sound experience and classes during your stay.

Terms & Conditions

The rooms will be allocated on a first come, first served basis. Payment plan options are available upon individual request.

Your place becomes 100% non-refundable if less than **60 days' notice** is provided prior to the start date of the retreat. If you do provide 60 days or more notice of cancellation then Ashtanga Cheshire will refund your money paid minus a **30% administration fee**.





RETREAT ITINERARY

DAY 1 - THURSDAY 30TH MAY

3PM - ONWARDS ARRIVAL 5PM - MEET AND GREET 6PM - FULL ASHTANGA LED PRIMARY SERIES 8PM - DINNER

DAY 2 - FRIDAY 31ST MAY + DAY 3 - SATURDAY 1ST JUNE

6AM - MYSORE 8AM - ROCKET INSPIRED ASHTANGA 9:30AM - BREAKFAST 11AM - MANTRA / PRANAYAMA CLASS / FREE TIME
1PM - LUNCH 3PM - 5PM - WORKSHOP / FREE TIME / SAUNA (Saturday only) 6PM - FULL ASHTANGA LED PRIMARY SERIES
7:30PM - DINNER

DAY 4 - SUNDAY 2ND JUNE

6AM - MYSORE 8AM - ASHTANGA VINYASA (INTERMEDIATE MIX) 9:30AM - BREAKFAST 10AM - 12 NOON - FREE TIME
12 NOON - LUNCH 1PM - 5PM - HIKE 5PM - SAUNA 7:30PM - DINNER

DAY 5 - MONDAY 3RD JUNE

6AM - MYSORE 8AM - ASHTANGA VINYASA (INTERMEDIATE MIX) 9:30AM - BREAKFAST 10AM - 12 NOON - FREE TIME
1PM - LUNCH 3PM - 5PM - WORKSHOP / FREE TIME 5PM - YIN YOGA 7:00PM - DINNER 8PM - SOUND HEALING

DAY 6 - TUESDAY 4TH JUNE

7AM - ASHTANGA FULL LED PRIMARY 9:30AM - BREAKFAST 10:30AM - DEPARTURE

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The Activities At Šiaurys

Onsite & local activities

During your Ashtanga yoga immersion in Lithuania you will have some time during the days schedule to enjoy your local surroundings including : The famous

Guided Hike (*Andrejus Gaidamavičius*, forester, biologist and geologist, known as Labanoro Vilkas, knows the area like the back of his hand. A guide in the native Labanoras Forest will invite you to get to know the plants, mushrooms and animals typical of the area. The Hike is a around trip taking 3-4 hours and we have booked the Hike on Sunday 2nd June - Included in listed price - no additional fees)

Lounge areas (Outdoor terraces, hammock and outdoor library space to relax or take some quiet time during your immersion.)

Access to the **Traditional white smoke sauna** (Available on Saturday 1st June and Sunday 2nd June - Times TBC)

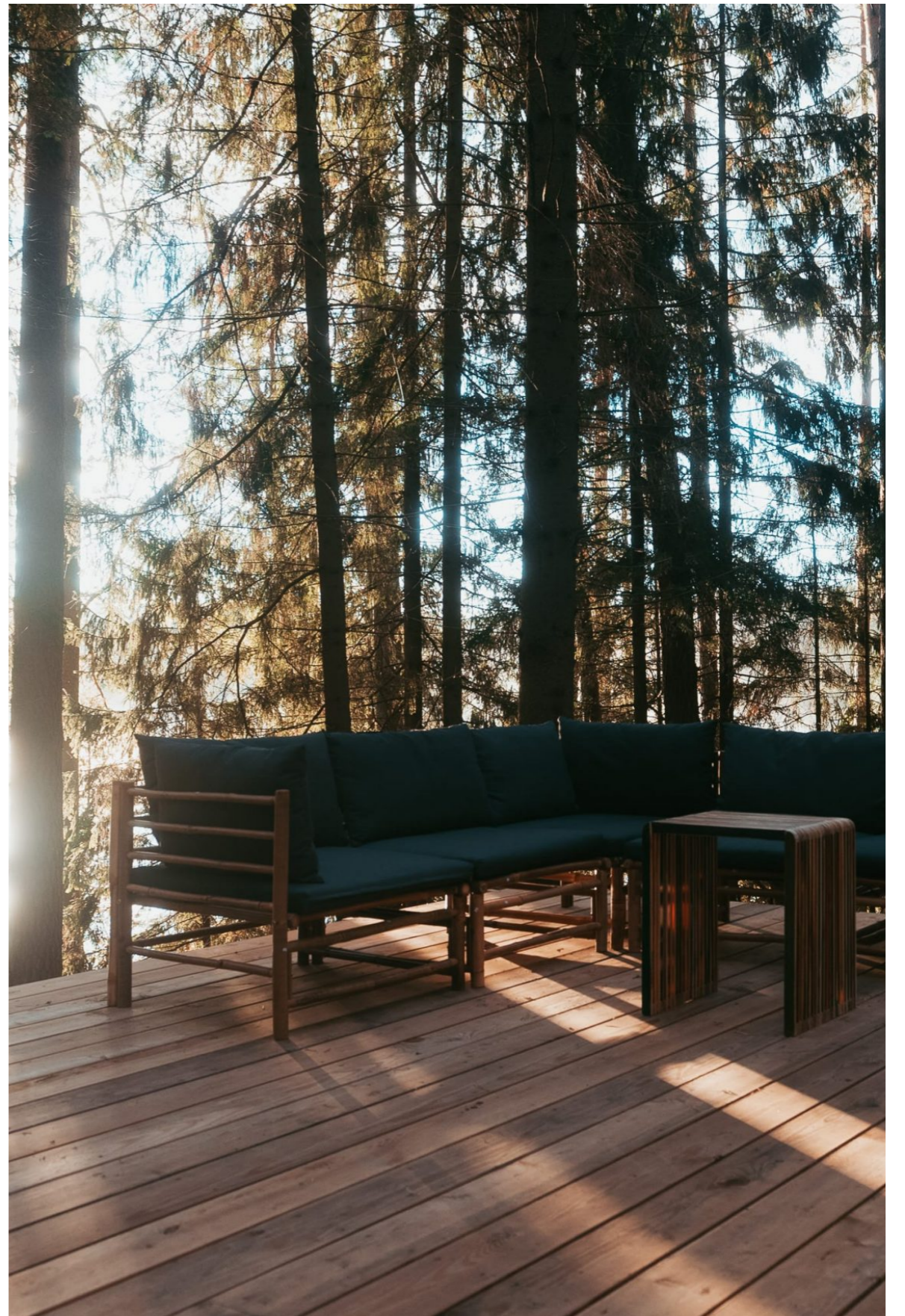
Sound Experience (Scheduled for Monday 3rd June in the evening - Inc in listed price - no additional fee)

Lake access (Sun beds and small paddle boats - Inc in listed price - no additional fee)

Massages (More information coming soon)

Šiaurys is located in the Labanoras Forest*, where you can also visit the following sights:

1. Labanoras Forest Nature Trail
2. Labanoras Regional Park
3. Labanoras Regional Park Observation Tower
4. Labanoras Regional Park Visitor Centre – an exposition presenting the natural and cultural values of the Labanoras Forest
5. Molėtai Astronomical Observatory
6. Lithuanian Ethnocosmological Museum
7. Cape Ščiuris Nature Trail
8. Lake Fishery Museum
9. Natural heritage sites: Little Siauriai Peninsula, Lakaja Stone, Goat Stone, Black Alder Gumbulis, Siberian Larches of Januliškis, Pyramidal Spruce of Peršokšna (the most beautiful spruce in Lithuania), Pine of Datings (Lūšna), Pine of Argirdiškė, and Pine of Baltagalys, the tallest pine in Lithuania







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