

YOGA & PLEASURE DAY IN CENTRAL CHILE

YOGA OUTDOOR / ORGANIC VINEYARDS / GASTRONOMY /
ANCESTRAL MASSAGE

INTRODUCTION

We will visit one of the most important wine valleys in the country, where we will have an outdoor yoga session among organically and biodynamically managed vineyards. Then we will enjoy a tasting of corralillo wines and the local gastronomy, to end this day of pleasure with a therapeutic massage session with native products from the south of Chile.

HIGHLIGHTS

- Outdoor yoga session among the organic vineyards of Viña Matetic in the Rosario Valley.
- Half day excursion in the vineyard with wine tasting and lunch included.
- Experience therapeutic massage with native products from the south of Chile.

SKILL LEVEL

- Beginner
- Intermediate
- Advanced

STYLES OF YOGA

- Hatha Yoga
- Vinyasa Yoga
- Anusara Yoga
- Kundalini Yoga
- Ashtanga Yoga

GENERAL INFORMATION

An exceptional tour designed to enjoy the winemaking benefits offered by the central area of Chile. We will begin with an outdoor yoga session among the organic vineyards of Viña Matetic in the Rosario Valley, one of Chile's most important wine valleys. Here, passengers will enjoy a premium corralillo wine tasting, chocolate shots and a traditional lunch.

During the afternoon, we will return to the city of Santiago to enjoy a therapeutic massage session with native products from the south of Chile. An invitation to live a massage experience that seeks to alleviate the tensions of the sport, long walks and long trips by plane, with focus on the legs, feet, back and neck. Integration of products in the oil like murta and maqui, fruits from the south of Chile rich in antioxidants and with detoxifying effects (duration of one hour and a half).

ITINERARY

9 AM Passengers will be picked up by private transportation at their hotel in Santiago.

10:45 AM Outdoor yoga session among the organic vineyards of Viña Matetic in the Rosario Valley.

12:30 PM Tour and wine tasting with chocolate shots.

2:00 PM Traditional lunch at Viña Matetic restaurant.

4.00 PM Departure to Santiago by private transportation.

5.45 PM Approximate time of arrival to the city of Santiago.

6.15 - 7.45 PM Therapeutic massage session at the hotel.

**** END OF SERVICES ****

ORGANIZERS

Javiera Martín Floegel

Chilean instructor certified in Jyotim Yoga, with more than 10 years of experience teaching Jyotim, Vinyasa and Hatha Yoga.

She has been trained with important teachers such as Karen O'Bannon, Renato Turla, Sharat Arora, José María Vigar, Ramiro Calle, Emma Marín and Valeria Schneider (India, Spain and Chile).

In addition to yoga, Javiera has another great passion which is nature and outdoor sports. She has a vast experience as a trekking and mountain guide, guiding trips through different scenarios of the Chilean Andes.

Gemma Xicota

Certified instructor of integral yoga, progressive ashtanga, kundalini yoga and anusara yoga. With more than 5 years of experience teaching in various centers and spaces in Chile, Peru and Spain. Formed by outstanding teachers such as Swamini Lakshmi Devi, Ricardo Ferrer, Sat Hari and Gaby Zermeño.

Agustina González

Commercial engineer, certified yoga instructor and traveler.

She fell in love with yoga in 2011, when she traveled to Asia and decided to reside at Sivannanda Ashram, where she began her training as an instructor.

In Chile, she trained at the Sakhyam Yoga Center and in 2014 she traveled to Peru to train in the Ashtanga Vinyasa method at the Yoga Inbound school.

Marcia Alarcón

Masotherapist with ten years of experience working in hotels and sports clinics. Diploma in alternative medicine and complementary therapies at the University of Viña del Mar, student of MTCH.

DATES

All year round

LANGUAGES

English - Spanish

WHAT'S INCLUDED

- Yoga session guided by certified yoga instructor.
- Tour and wine tasting with chocolate shots at Viña Matetic.
- Traditional lunch at Viña Matetic's restaurant.
- Therapeutic massage session at the hotel.
- Yoga mat for the class.
- Private transportation.

BASIC EQUIPMENT

- Comfortable clothes for the yoga session.
- Sunhat
- Sunscreen
- Sunglasses
- Personal medicines (if necessary).