



LUXURIOUS YOGA RETREAT 2023

with Duncan Wong & Isabelle Thill

June 23rd to 25th



Luxurious Yoga Retreat

accommodation for 2 nights

3 yoga classes

vegetarian gourmet

dinner Friday & Saturday

Sunday lunch

massage on demand

pool/ hiking

with Duncan Wong
& Isabelle Thill

Indrani Lodge/ Belgium
June 23rd to 25th 2023

EXHALE
yoga & retreats
LUXEMBOURG

info@exhaleyoga.lu

www.exhaleyoga.lu



Need to relax, restore, rejuvenate and reconnect? You have come to the right place. The Yoga Retreat will take place in the luxurious renovated medieval farm Indrani Lodge located in the beautiful Belgian countryside of Brabant in Wallonia. Join Duncan & Isabelle to enjoy daily yoga classes, delicious meals prepared by chef Sebath Capela, sleep over in one of the luxurious, spacious rooms and wake up to the sounds of nature, a hike or a swim in the carbon-free heated pool of the lodge.

Exhale Yoga 11, rue de Machault L-2111 Luxembourg-Merl
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SERVICE

Includes

- 2 nights' accommodation, Friday 23rd and Saturday 24th (see below for more information)
- daily yoga class: Saturday 2 classes/ Sunday 1 morning class
(Various dynamic styles: Yogic Arts (California Flow)/ Jivamukti)

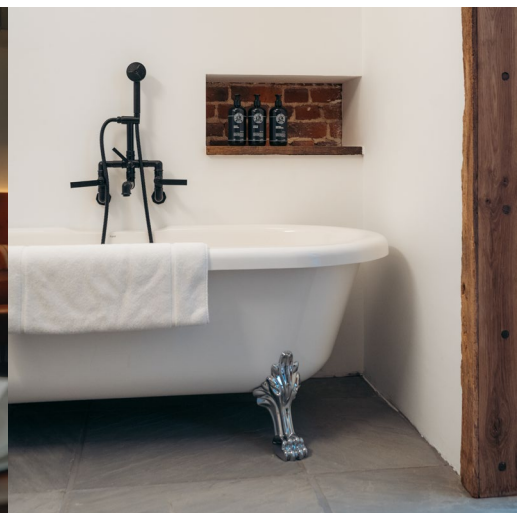
- 2 healthy breakfasts, 2 delicious vegetarian gourmet dinners, 1 lunch buffet

The meals are prepared in a large part of the cultivated ingredients in the almost 4-hectare garden and the greenhouse (using permaculture techniques). In collaboration with the chef, the Indrani Earth team has carefully selected a variety of unusual herbs, fruits and vegetables to complement those from local farmers and producers.

- access to the swimming pool and garden

Options (not included in price)

- massage treatments



TRANSPORT AND ARRIVAL / DEPARTURE

The transport fees are to be booked and paid individually and are not included in the price of the retreat. How to get to Genappe, Chem. de la Waronche 1, 1471 Belgium:

- by car (from Luxembourg 200km, approx. 1h 50 m driving)

Check-in on Friday 23rd June is scheduled 3 p.m. and check-out on Sunday 25th June 12 p.m.



ACCOMMODATIONS / PRICE

All prices include the yoga classes, accommodation and food. Each room has its own ensuite bathroom. The total price of the retreat will depend upon your choice of room:

- Double room (occupancy for 2 persons in single beds) - 720€/pers. (early bird 680€)
- Double room (occupancy for 2 persons in double beds) - 720€/pers. (early bird 680€)
- Single room (occupancy for 1 person in single bed) - 930/ pers. (early bird 890€)

The early bird rate applies until April 30th 2023.

BOOKING / PAYMENT

After receiving your registration, EXHALE YOGA will send you a booking confirmation and invoice for the total retreat price. 50% of the invoice must be paid within 10 days of receipt. The other 50% must be paid before May 1st 2023. You can pay in cash or via bank transfer to Isabelle Thill (BCEELULL IBAN LU67 0019 2003 8232 9000)

TEACHERS

Duncan Wong



Born into a California family of yogis, mystic and artists, Duncan Wong began his life training as a kickboxer, wild biker and nature adventurer. A path that led him to the healing fields of yoga, bodywork and dance. After a life of intensive global teaching and 10 years of Asian residency and exploration with various masters, he now lives in the deep forest of Kyoto Japan where he raises his two sons with his Japanese family. Known as the creator and innovator of Modern Warrior Flow, which he originally named Yogic Arts™ to define the practice as a goal to the artistic expressions and states of yoga, Duncan's unique and fluid practice combines the intelligence of yoga, the intuition of dance, the heart of martial arts, and the healing touch of massage, that has evolved into the name Flow Arts to best define its expansion that reaches far beyond the limits of

classical yoga, into the realm of authentic organic self-expressed motion. Duncan sensei integrated experience in the global fields of Ashtanga Vinyasa yoga, Buddhist martial arts, Zen meditation and Thai bodywork spans four decades. 10 years advanced Ashtanga Vinyasa yoga practice as taught by Sri K.P. Jois and Sharath Rangaswami in Mysore, India, California and New York City. 10 years Intensive Jivamukti yoga training as taught by Sharon Gannon and David Life in New York City. 10 years advanced Kuk Sool Won™ Korean Buddhist martial arts training and competitive combat as taught by Sun Im Kwahn Jang Nym, S. J. Suh at the San Francisco studio headquarters. 10 years of Siddha yoga Tantric Shavaism shaktipat studies as taught by Gurumayi Swami Chidvilasananda in California, New York and Ganeshpuri, India Ashrams. 20 years of ongoing transpersonal bodywork therapy with various masters across Asia and America.

He is a pioneer and globally leading proponent in the field of yogic flow motion dynamics that infuses the natural balance of mantra wisdom, warrior flow technology, urban modern dance rhythm and healing bodywork therapy. Many of today's new generation star teachers have been fundamentally influenced by his early systematic cross core synthesis training research and innovation in the arenas of yoga and movement. His legacy lives through his 'Yogic Love Warrior' communities who share their passion for the Yogic Flow Arts practice under the guidance of Duncan sensei's ongoing trainings. This expression of many wonderful yogis and yoginis who share the common thread of a practising profession and sustainable conscious lifestyle forms the power of this living system.

The Global Yogic Flow Arts Love Warrior Yogis form the foundation and expansion of this living international system. The practice was born from a lifetime of practice and investigation into

the combined fields of healing, empowerment and Self-mastery, and continues to blossom and evolve with each student's shared experience on the mat. Duncan's undying commitment to guide his students 'inner standing' into the path of excellence and eventually teaching skills via the awakening of peoples humanity and common strength through a down to earth practical approach to mindfulness and sustainable living.

Isabelle Thill



Long before becoming a teacher myself, yoga was an essential part of my life. In 2004, I met Michael Hamilton, a South African Ashtanga yoga teacher, in Shanghai and he inspired me to take the next step and to enrol for the Sivananda Yoga Teacher's training in India. Years later I received my certification as a Jivamukti Yoga teacher in New York.

After countless workshops, retreats, and teacher trainings, I am still under the spell of yoga. I am thankful for the precious tool of yoga, which saved my life more than once and makes me constantly grow. Diving deeper into the physical as well as the spiritual yoga practice is a never-ending journey. I have been blessed to meet the most incredible and inspiring mentors, all of them influenced my own teaching enormously. Rolf Naujokat, who keeps my first love, Ashtanga yoga, alive. Dechen Thurman and Anja Kühnel, both vegan activists, introduced and awakened my love for Jivamukti Yoga.

I bow down with gratitude to the founders of this method, Sharon Gannon and David Life. Cameron Shayne, creator of Budokon, taught me

how to cultivate my inner warrior, to be fearless and take accountability for my acts. Duncan Wong, the most fabulous martial artist and yogi, showed me how to overcome my own limiting thoughts and believes to aim for the stars. I discovered Vipassana meditation in South Africa and it became part of my daily routine.

After many years of having been a freelance yoga instructor, I created my first studio, yogaroom belair, in 2008, followed by yogaloft luxembourg in 2012. In 2016, I moved to Capetown, where I founded Exhale Yoga, a Jivamukti Yoga affiliated studio. During the years in South Africa, I set up Inhale Yoga, promoting selfless service, with a main goal to introduce yoga in local communities. In 2020, I became resident teacher at the Jivamukti school in Paris. The current health crises brought me back to my home country, where I created a new studio, Exhale Yoga, at my former address in Luxembourg-Merl. Capetown will always stay my second home, it keeps me humble. Yoga gives me the courage to BE MY SELF and the strength to make the world a better place.