

Ashtanga Yoga retreat
with Asta Caplan
in Tramuntana-Flow
Mallorca 12.-19.4.2025



Escape and get an early start to your Spring 2025 with a deeply transformative Ashtanga Yoga retreat with Asta Caplan on the beautiful island of Mallorca. Every day of the retreat will include morning practice of traditional Ashtanga yoga and an afternoon workshop class. To provide you the energy for practice and learning, enjoy delicious vegan food freshly prepared with love to nourish your body and soul catered by the fabulous Almace Kessuane. The hours of early afternoon can be spent by the poolside on the grounds or you may treat yourself to an expert massage.

Tramuntana Flow - La Casa De La Calma opens its doors for us for third time! It is an oasis location surrounded by the natural beauty of Mallorca. You will be welcomed to this spiritual space with a true loving and compassionate heart at its center. For more information on the retreat location, please click the following link:
<https://www.tramuntanaflow.com/our-space/>



Morning practice at sunrise in the peace and tranquility of the island, allows you to fully immerse in the practice of Ashtanga Yoga.

The individually guided and assisted morning practice is complemented by afternoon workshops with Asta. These classes will help you to deepen your understanding of this powerful yet subtle practice of movement and breath bound together in meditation and self discovery. The afternoon workshops will concentrate on sustainable access to asana with an increased understanding of our body's alignment and technique through balance of flexibility and strength. We'll explore the gateway between our two nervous systems and our body and mind with introduction and practice of pranayama breath-work.

The detailed content of the afternoon workshop classes will be adjusted to the needs of the participants. This retreat is suitable for practitioners of all levels and will provide an opportunity to develop your skills, refine your technique and deepen your connection with the practice of Ashtanga Yoga.

Whether you are a beginner or an experienced practitioner, this workshop will provide you with an opportunity to cultivate inner peace, physical strength, and mental clarity.

So why wait? Sign up today and experience the transformative love and power of Ashtanga Yoga. This retreat is sure to make you want to return year after year to practice, to make new friends and re-unite with old ones and leave feeling refreshed, revitalized and re-centered body and soul.

When planning your travel, you may wish to know that there are practice yoga mats and rugs, as well as yoga straps and blocks available for your use during the retreat. You may wish to bring a small towel with you to use during your practice when needed for better grip, reach or cushioning.

Booking, payment information and questions via e-mail:
asta@astacaplan.com

Price information below!

Retreat Program

12.4.

17- Arrival and check in to Tramuntana Flow - La Casa De La Clama

18:30 Once everyone is settled we will share our first dinner together.

Depending on our group size we will also at this time plan the Mysore-class practice times. If needed we will have two practice groups of maximum 12 students to ensure deep in-person assistance and guidance.

13.4.

8:30-11 Led Primary Series & pranayama

11:30 Brunch

Afternoon

15:00-18:00 Q&A + Breathing in Ashtanga yoga & Pranayama

18:00 Dinner

14.4.

(6:30-8:30+) 8:30-11:00 Individually guided self practice in Mysore-style

11:30 Brunch

Afternoon

15:00-18:00 Workshop & Pranayama

18:00 Dinner

15.4.

(6:30-8:30+) 8:30-11:00 Individually guided self practice in Mysore-style

11:30 Brunch

Afternoon

15:00-18:00 Workshop & Pranayama

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18:00 Dinner

17.4.

(6:30-8:30+) 8:30-11:00 Individually guided self practice in Mysore-style

11:30 Brunch

Afternoon

15:00-18:00 Gentle physical self care with mindfulness. After three harder practice days it's time for some slow long stretches and body opening.
Pranayama

18:00 Dinner

18.4.

(6:30-8:30+) 8:30-11:00 Individually guided self practice in Mysore-style

11:30 Brunch

Afternoon

15:00-18:00 Workshop, Q&A Pranayama
18:00 Dinner

29.4.

6:30-8:15 Led primary series
9:00 Farewell breakfast
10:00 Check-out

Booking and questions via e-mail: asta@astacaplan.com

Pricing options:

Single rooms - rate incl. food & yoga 1860€

Double rooms - rate incl. food & yoga 1610€/ person

Shared apartment with 4 Beds, a big room with its own bathroom and terrace - rate incl. food & yoga 1510€/person

Please note! In case there are not enough participants for a double room or 4-bed apartment, we have to change your booking to the next category for the regular price. Travel is not included in the pricing options

How to get there?

Once you've arrived to La Palma, Mallorca, to get to the location, it's easiest to book a taxi right from the airport. It's only a 15-20 min ride to Tramuntana Flow.

The regular taxi rate is about 30€. Tramuntana Flow's recommendation for taxi: <https://www.taxispalmaradio.com>

Address for the driver: Cami de n'Olesa 63
07141 Sa Cabaneta (Marratxí)
Mallorca

Official check-in time on Saturday April 13th 2024 is 5 pm. If you arrive earlier and would like to leave your luggage with the reception, please contact the local host Angela until Friday April 12th 2024 evening via text message: [+34 630 257 557](tel:+34630257557)

Our lovely host, Angela, kindly asks you to read the house rules and general information on La Casa De La Calma here:

<https://www.tramuntanaflow.com/rules/>

Please bring a passport or ID for check-in!

About me,
Asta Caplan

I discovered Ashtanga Yoga in 1998 while still in training as a professional ballet dancer and I have been a dedicated practitioner ever since. In the year 2012 I received

level 2 authorization to teach the method from Sharath Jois - grandson of Pattabhi Jois, the founder of Ashtanga yoga.

Over the years I've have studied Ashtanga yoga under Sri K. Pattabhi Jois, Sharath Jois, Manju Jois, Eddie Stern, Tim Miller, Mark and Joanne Darby, Rolf Naujokat, Lino Miele, Philippa Asher and Louise Ellis among other experienced and respected teachers. I completed teacher training with Sharath Jois in Mysore 2014. In 2015 I attended a 3rd Series teacher training with Tim Miller in California. In 2017 I completed a teacher's course with David Swenson.

The years 2015-2024 I was in charge of teaching a traditional Mysore-style Ashtanga yoga program according to the tradition of Pattabhi Jois; First in Berlin and then in Ashtanga Spirit Munich shala.

I believe a yoga shala should be an inclusive safe space for self discovery. In my teaching I aim to give the student the full perspective to the practice of Ashtanga yoga while building stepping stones for each student to build their own individual and sustainable practice. My goal is to work through compassion, accessibility, depth and practicality. I believe this to be a way for students to deepen their practice and achieve greater physical and mental well-being.

In my opinion and experience a teacher's own personal practice is an important source of inspiration and sets an example for their students of steady dedication and openness to learn. I wish to make an example of the transformative power of Ashtanga Yoga through my own actions, and perhaps some of my passion for the practice is contagious. I wish continue to inspire and motivate students of all levels, backgrounds and ages to experience the profound impact that Ashtanga Yoga can have on one's life.

