



SURYALILA
SOUTHERN SPAIN

**8-DAY
KATONAH
YOGA
IMMERSION**

WITH KARI HARENDORF & LISA DUNN

24 Sept - 01 Oct 2022



THE LOCATION

Suryalila is nestled serenely in a large open valley in the foothills of the Sierra de Grazalema.

A striking part of the natural beauty of the property is the breathtaking vista extending in all directions: rolling hills, fields of sunflowers, and lakes. The sense of vastness and expansiveness is very uplifting.

Suryalila prides itself in offering sumptuous banquets of delicious gourmet vegetarian and vegan-friendly organic food. They grow as much of their food as possible on a 58 hectare permaculture farm and keep their own happy chickens who provide us with eggs.

With its beautifully decorated rooms and olive groves, sauna, salt water pool and nourishing meals, Suryalila is the perfect place to experience the profound teachings of Katonah Yoga.





KARI HARENDORF

Kari is an Ayurvedic Health Counselor, E-RYT500 Yoga Educator and an IAYT Certified Yoga Therapist. Pre-Covid, Kari led 200 and 1000-Hour Training and Anatomy and Injury Prevention Workshops at The Kripalu Schools of Yoga and Ayurveda and taught in Kripalu's School of Integrative Yoga Therapy. In addition, she is a Master Trainer of Urban Zen's Integrative Therapy Program, teaching Reiki, essential oils, yoga therapy, and nutrition.

Kari also led teacher training and workshops with her mentors/teachers, Rodney Yee, and Colleen Saidman, in NYC and Sag Harbor, NY for the past decade.

Kari now teaches online Katonah Yoga® classes and therapeutic yoga on Kari & Co Yoga. (yoga.kariharendorf.com) and on Katonah Yoga® (katonahyoga.com). With expert and anatomically specific cueing, Kari guides participants to their full potential in each asana. As a result, students move from their habitual nature to their aspirational. Kari's fun and therapeutic teaching style stays true to Katonah Yoga's quest for precise alignment, self-awareness on all levels, and self-healing, as inspired by Kari's teacher, Nevine Michaan (Founder the Katonah Yoga® Method).

Originally Toronto, Canada, Kari now lives in the Berkshire Mountains of Great Barrington, Massachusetts, on a farm with her partner, Eric, three children, and menagerie of rescue cats, dogs, goats, horses, chickens, and rabbits.

YOUR TEACHERS



LISA DUNN

A 500-Hr Yoga and 200-Hr Katonah Yoga® certified teacher, Lisa Dunn transformed her 20-year passion for yoga into a now 10-yr profession after a successful decade's long career producing documentaries for the BBC.

Lisa leads and teaches retreats around the world. With her teacher and mentor, Vidya Heisel, Founder of Frog Lotus International, Lisa teaches 200 and 500-hour teacher-trainings at Suryalila (suryalila.com). Lisa never stops feeling excited about sharing yoga's liberating effect on her life.

Her teaching approach reflects her open-hearted and fun personality. She brings a contemporary eye to time-honoured traditions and draws on yoga's universal teachings, both on and off the mat.

An eternal student, Lisa began studying the Katonah Yoga® methodology in 2017 and was certified in 2019. With this elixir of Katonah, pranayama, and intelligent sequencing, her classes are crafted to empower her students to advance their practice while maintaining a safe and lasting yoga experience.

While Lisa is a nomad yogi, her base is in London, where her three grown children and the rest of her family live. And she still shoots a documentary or two in her free time.

KATONAH YOGA®

A practice developed by Nevine Michaan of over 45 years.

Katonah Yoga incorporates classical Hatha Yoga with Taoist theory, sacred geometry, magic, mythology, metaphor, and imagination in a practical framework designed to potentiate personal and communal well-being. Framing the practice with maps of time and personal space are defined and refined.

Incorporating themes using asana as origami, manipulating form for function, and developing a sense for personal measure.

Katonah Yoga is organised around three principles of esoteric dialogue:

All polarities are mediated by trinity.

The universe has patterns, and pattern implies intelligence.

By virtue of repetition there is potential for insight.

To learn more about the Katonah Yoga Method visit <http://www.katonahyoga.com>



The goal of the Katonah
Yoga method is to be able
to participate in one's
personal well-being, be
well-integrated, and
ultimately experience
more joy in life!



THE EXPERIENCE

What we will cover:

Katonah Yoga theory and practice: asana, pranayama, meditation

Maps and Materials: Katonah Yoga's charts, including the Magic Square and subtle body techniques (Wraps for Rapture)

Principles of alignment and adjustment

Body readings/diagnostics

Hands-on Adjustments, modifications for injuries, elders / sensitive students

Language and metaphors: how to articulate Katonah Yoga theory

Working with props: straps, blocks, chairs, sandbags

Restorative and longevity practises

DAILY SCHEDULE

MORNING

7.30 – 9.30 Class
9.30 Breakfast
11.30 – 13.30 Master Class (optional)

AFTERNOON

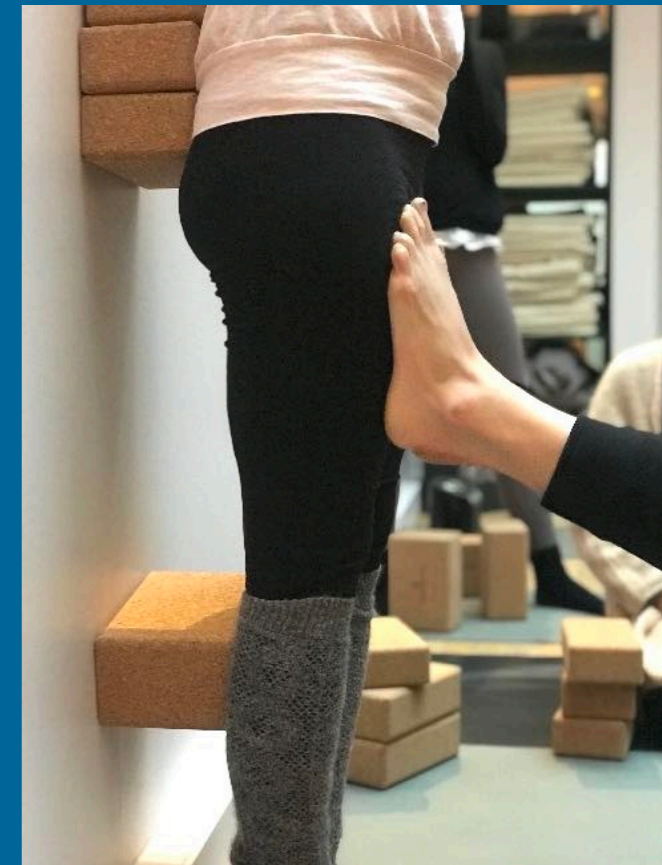
13.30 Lunch
16.30 – 19.00 Class

EVENING

19.00 Dinner

WEDNESDAY

Full day off for further explorations of the area



INCLUDED

Seven-nights accommodation at Suryalila
Retreat Centre

Meals from farm-to-table. Delicious vegetarian
organic food.

Two world-class teachers

A daily program making up to 30 hours of the
Katonah Method including longevity movement
practices, breath work, meditation sessions and
masterclasses

Free time to enjoy Suryalila and the local area
with one full day off for further exploration



NOT INCLUDED

Airfare to Suryalila Retreat Centre

Transportation from and to
Airport

Excursions

Alcoholic or speciality beverages

Gratuities

PRICES

- PER PERSON -

US DOLLARS

	MINI DORM	ECO CASA	DOUBLE	DELUXE DOUBLE
PRIVATE ROOM	—	\$2065	\$2150	\$2265
SHARED ROOM	\$1795	\$1840	\$1985	\$2115

EUROS

	MINI DORM	ECO CASA	DOUBLE	DELUXE DOUBLE
PRIVATE ROOM	—	1820€	1895€	1995€
SHARED ROOM	1580€	1620€	1750€	1865€

GB POUNDS

	MINI DORM	ECO CASA	DOUBLE	DELUXE DOUBLE
PRIVATE ROOM	—	£1525	£1585	£1670
SHARED ROOM	£1320	£1355	£1465	£1560

EARLY BIRD UNTIL JUNE 19th 2022:

\$225
off

200€
off

£170
off



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BOOK NOW

Click the link below

<https://forms.gle/PTdAKGM95hPo4v176>

to access the booking form and reserve
your place



www.suryalila.com

Suryalila Retreat Centre

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11650 Villamartín

Cádiz

Spain