

# RETREAT

## yourself

JUNE 26-JUNE 30  
BUDAPEST, HUNGARY

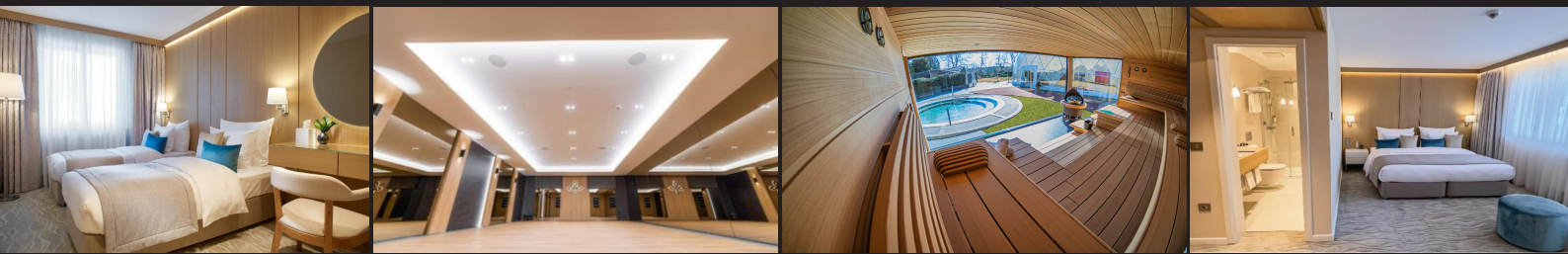


WITH DEV KAPIL & RESH GUPTA



Join us at the beautiful NORMAFA LIFESTYLE & RETREAT CENTRE in Budapest, Hungary for a 4 day hot yoga retreat.

Dive into your practice with 2 hot yoga classes daily, workshops and lectures as well as access to the beautiful wellness facilities within this space.



### PRICES & PACKAGES (Per Person):

DOUBLE ROOM	Kr8.000
SINGLE ROOM	Kr15.200

### WHATS INCLUDED:

- 4 nights accommodation
- 2 Hot Yoga sessions daily
- Lectures and workshops
- Breakfast & Dinner
- Luxurious wellness facilities

Very limited spaces are available- email [resh@byo.no](mailto:resh@byo.no) to reserve your spot.

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### LOCATION: Normafa Lifestyle & Retreat Centre

Immerse yourself in the heart of Budapest at the enchanting Normafa Retreat Centre which is perched above the city on Buda Hill.

As a conscious living centre, all culinary offerings are crafted to inspire and understanding of the transformative power of whole plant-based foods that celebrate the richness of nature.

The newly added Bikram Yoga Room is a dedicated space equipped with temperature and humidity controls to ensure optimal conditions for your hot yoga practice.

The centre has many indoor and outdoor community areas designed as little havens for relaxation and socialisation.

For more information: <https://normafahotel.hu/spaces/>

## **TEACHERS: DEV KAPIL**

World Champion (2008-9) Master Yograttan Dev Kapil hails from a line of distinguished Yogis.

He began his yogic journey in India at the age of 3 years under the guidance of his Father Shri M.R Pareek following the legacy passed down by his grandfather Yogiraj Rishikesh Shastri, a renowned astrologer and Vedic Scholar.

Master Dev has studied and taught movement for over two decades of his yogic journey in different parts of Asia, Europe and the USA.

He has explored many styles in Yoga focussing primarily on Hatha Yoga, Ashtanga Yoga, Raja Yoga, Bhakti Yoga and Kundalini Yoga which are diverse forms of Yogic practice with philosophies that are deeply rooted in ancient Yogic scriptures. His teaching styles are based on the study of human anatomy and incorporate the lessons of traditional and modern forms of yoga.

## **RESHMA GUPTA**

Born in India and raised in Australia, Resh was exposed to yoga and the yogic scriptures from a very young age.

Growing up in Australia Resh was involved in many different competitive sports and discovered Bikram Yoga in 2005 which led her on the path to becoming the founder and owner of Bikram Yoga Oslo, the first Bikram Hot Yoga studio in Norway.

Resh has been a teacher of Bikram Yoga for 16 years and has taught in Europe, Australia and the USA.

Given her natural and constant curiosity to understand the physicality of the practice, Resh teaches based on the study of the functional anatomy of the 26&2 and uses this knowledge to inspire students to understand and connect to the WHY and HOW of the practice.

## THE EXPERIENCE:

During your retreat experience, you will have access to 2 Bikram Yoga classes per day in the Bikram Yoga Room at the retreat centre with your teachers

These classes are not mandatory but an option for you if you wish.

There will also be workshops with Resh on the functional anatomy of the series as well as opportunities to address practice challenges that you may be facing.

Dev Kapil will be offering lectures on postures, and clinics for attendees of his teacher training which will be held in the same space and all of Devs lectures and workshops will be available for you to attend if you wish to learn what your teachers learn.

Additionally there will be evening workshops on the philosophy and history of the series and Dev will be announcing more details in April 2025.

Your accommodation will also include 2 meal services by the retreat centre which focuses on the culinary principles of the centre.

During your stay all retreat centre facilities will be accessible to you to help you retreat also into your own self and your own needs to relax.

**BOOKING:** Due to extremely limited space, booking will be served on a first come first served basis and full payment will be required to confirm your attendance.

Registration for the retreat will be open by email to Resh@byo.no and confirmation sent upon receipt of payment.

Payment can be made by direct deposit to  
Bikram Yoga Oslo AS 1506.66.43635