



Ashtanga Yoga Intensive with Sachin Badoni

From 19th to 21st of June, 2026

Callejón de Pavaneras 3

Granada, Spain



BAUBOYoga

Info & bookings:

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Program

Friday 19 – International Yoga Day · Opening

- **17:30 – 18:15 · Opening Circle**
 - Welcome
 - Introduction to the lineage
 - Meaning of the International Day of Yoga
- **18:15 – 18:30 · Short Break** (Time to change, hydrate, settle)
- **18:30 – 19:45 · Special Led Class**
 - Conscious, guided practice
 - Adaptable to different levels
- **19:45 – 20:00 · Short Break**
- **20:00 – 21:00 · Mantra Chanting & Reflection**
 - Traditional Mantra
 - Short talk: *Yoga as a Path of Unity*

Saturday 20 – Intensive Practice

- **06:45 – 07:00 · Arrival & Quiet Preparation**
- **07:00 – 09:00 · Mysore Practice**
 - Primary & Intermediate Series
- **09:00 – 10:30 · Breakfast & Rest Break**
 - Time to eat, rest, shower, digest
- **10:30 – 12:30 · Asana Alignment & Biomechanics**
- **12:30 – 15:30 · Lunch and Rest Break** (*It is strongly recommended to rest or take a short walk*)
- **15:30 – 17:00 · Calm the Storm**
 - Using Your Yoga Practice to Regulate Stress and Fatigue (**workshop by Liubov Badoni**)
- **17:00 – 17:15 · Short Break**
- **17:15 – 18:45 · Vinyasa: Keys to Jump Back and Jump Through**
- **18:45 – 19:30 · Pranayama**

Sunday 21 – Integration

- 06:45 – 07:00 · Arrival & Quiet Preparation
- 07:00 – 08:45 · Led Class (Primary Series)
- 08:45 – 09:00 · Short Break
- 09:00 – 09:45 · Mantra Chanting
- 09:45 – 11:30 · Breakfast Break
- 11:30 – 13:00 · Backbending Practice
- 13:00 – 13:30 · Closing Circle

Prices

Full course · 3 days (Friday afternoon – Sunday)

- Early Bird (for reservations made before April 30): **€320**
- Regular price: **€350**

Reservation fee: €150 via bank transfer.

(The remaining balance is due on the first day of the course).

Limited spots available

International Yoga Day – Friday only

- **€50**

The training does not include breakfast or lunch (meals are not included in the price).

You are welcome to bring your own food, or you can eat nearby. We can also recommend organic restaurants and places that offer food adapted to support your practice.

Accommodation is not included and depends on each person's preference. Granada offers a wide variety of lovely places to stay.