

Yoga Narada®
Summer Retreat 2025
Den Haag, The Netherlands

July 31 - Aug 6

I am very happy to announce my first summer retreat in several years since the pandemic. A new location and a new approach.



Climate change is pushing us a little further north, and economic concerns for many, make it more budget friendly.



Still surrounded by beautiful scenery, beaches, cultural activities and good food, the location offers many things to many people.

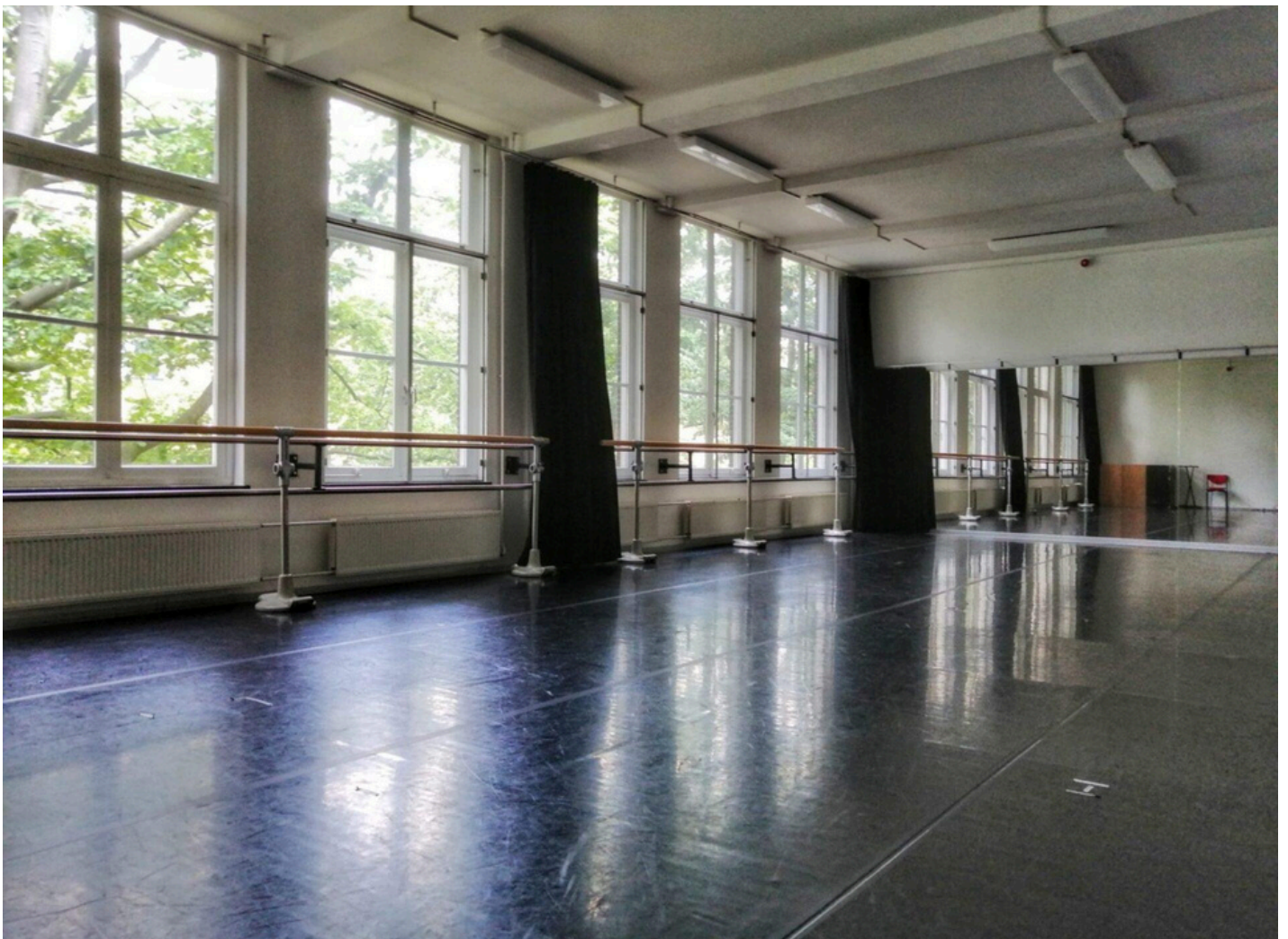


The intention of the whole retreat is to encourage those who have already enjoyed Yoga Narada® classes, and now feel they want to move towards either a deeper personal understanding of the work or have an interest in becoming certified teachers.

The retreat will be in two parts, each lasting three days. There is the opportunity to join one or both, according to your needs.



The studio is a light and airy space which we will limit to a maximum of 15 people per session. It is in Het Koorenhuis (the corn house) a converted historical building dating from 1663, situated in the Centre of Den Haag - also known in English as The Hague.



Close to the Royal Palace and its extensive parks and gardens open to the public, there are also many restaurants and cafés in the vicinity.



Cafe in Het Koorenhuis



DATES:

July 31- August 2

August 3 day off

August 4-6

Each session has:

Three morning classes 10.00-12.30

Two afternoons 3.00-5-00



**Ryan Carroll (bio below) will lead the first session July
31-August 2**

This will serve as an introductory course for teaching.

There will also be reference to how Narada relates directly to facilitating ballet and dance techniques. This does nothing to detract from the experience of Narada itself, it merely enhances the experience with how movements of all kinds are interrelated.

Afternoon sessions will additionally be assisted by other certified teachers. These afternoon sessions are for detailed work and personal attention or questions.

**Hilary Cartwright will teach the second session August
4-6,**

She will take people further into the work, particularly in the afternoon sessions, again assisted by certified teachers. Exploring past themes, discovering new dimensions, and moving towards certification if so desired.



COSTS (payment and balance due details on application)

First session €375/\$390 A non refundable deposit of
€125/\$130 secures your place

Second session €550/\$570 A non refundable deposit of
€185/\$190 secures your place

Combined sessions €925/\$960 A non refundable deposit of
€300/\$315 secures your place

ACCOMMODATION will be your own choice from a list of self catering, or pensione style housing and some small hotels. This way you can budget accordingly. A list of housing recommendations will be sent following application for the retreat.

There will be a welcome Tapas evening the day before the first session on July 30th. And a final dinner together on August 6th.

We hope you will join for both sessions, if possible, as they will be closely integrated. I look forward to seeing many of our old friends and new acquaintances in such a beautiful location.



Ryan is a certified Yoga Narada® teacher and also teaches the Harkness Ballet Method as taught by David Howard.

Ryan is a regular teacher at Dutch National Ballet Academie and Codarts. His passion for dance education intersects with the work of Narada and ballet education, which he has regularly integrated Narada into his ballet classes since 2010 under the guidance of Hilary Cartwright. Now in his 4th season teaching in The Netherlands he has given 4 teacher's training workshops, 2 of them presented by the Dutch National Ballet Academie. Just this year he began working with the Dans Docenten Dept at Codarts as well. He is also a regular guest teacher for schools and companies throughout The Netherlands as well as representing Ernst Meisner and the Dutch National Ballet Academie at competitions worldwide.

www.jryancarroll.com

