

## MENTE ARGENTINA YOGA PROGRAM IN BUENOS AIRES-ARGENTINA 2017

NOW ACCEPTING APPLICATIONS FOR THE YOGA PROGRAM 2017



Originating in India, yoga has been practiced for thousands of years. It has also been developed and refined in China, Japan, and other parts of Asia. In the last several generations, the Western World has been incorporating yoga into its philosophical ideology and its approach to health. With the growing popularity of yoga, Western science has been proving its efficiency in the maintenance and betterment of mental, physical and emotional health.

The main goal of yoga is the use of the body as a medium for self-realization. Yoga uses the body as an instrument for liberation through a series of movements and exercises in order to administer and assimilate the Vital Energy (Prana).

Mente Argentina's Yoga program is designed for beginners, who are interested in learning and practicing the discipline, as well as for those who are experienced and would like to deepen and strengthen their knowledge and ability in their practice.

### MENTE ARGENTINA YOGA PROGRAM IN BUENOS AIRES: QUICK LINKS

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## MENTE ARGENTINA YOGA PROGRAM OVERVIEW

### YOGA PROGRAM OVERVIEW 2017

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During the Yoga course of the program you will experience several benefits to your practice, including:

- Stimulating the vital energy (prana) flow
- Stimulation in your endocrine glands, which helps regulate the metabolism and moods among other important functions
- More flexibility and strength
- Quieting the mind
- Better posture and health
- Better digestion, respiration and concentration
- Improving cardiovascular flow and function
- Nervous system improvement
- Reduction of stress and tension
- Relieving muscle pain
- Mood improvement, reducing feelings of anxiety, fear, anger, etc.

Our Yoga program combines various teaching techniques guaranteeing a holistic and unforgettable experience. The program includes:

### MENTE ARGENTINA YOGA PROGRAM IN BUENOS AIRES INCLUDES

**GROUP YOGA LESSONS:** Group Lessons are taught with other Argentine and international students, as well as experienced and certified Yoga Instructors. Each class consists of pranayama, vinyasa flow, and asanas with emphasis on Iyengar alignment. Alternate postures are given to address all experience levels.

**PRIVATE ARGENTINEAN YOGA LESSONS:** Beginning with a personalized consultation, the instructors will design an individualized workshop series, based on his or her strengths and weaknesses, past experience, goals, and priorities to give you one-on-one attention that allows you to focus on the skills and knowledge you wish to develop.

## MENTE ARGENTINA YOGA PROGRAM OPTIONS

- ✓ The Regular YOGA Program lasts 4, 8 or 12 Weeks and classes are given 3 times a week.
- ✓ The Intensive YOGA Program lasts 2 Weeks and classes are given 4 times per week.

OUR PROGRAM FEE COVERS ALL OUR SERVICES INCLUDING CREATING A UNIQUE INTERNATIONAL YOGA PROGRAM, EXCLUSIVE ACCOMMODATION IN THE BEST AREAS OF BUENOS AIRES (BELGRANO, PALERMO, BARRIO NORTE OR RECOLETA), A WIDE RANGE OF FREE WEEKLY CULTURAL IMMERSION ACTIVITIES, AND PERSONAL ADVICE, SERVICES AND ASSISTANCE THROUGHOUT YOUR STAY.

## YOGA SCHOOL IN BUENOS AIRES-ARGENTINA

Mente Argentina's Yoga program takes place in an inviting and tranquil environment that is dedicated to several types of yoga. The school is located in Palermo and is fully equipped for all types of practice. In addition, it is possible to take classes outside the city which gives students the opportunity to get in touch with nature.

Courses start every week and have a flexible schedule that can be adapted to participants' availability. This will allow you free time to travel, meet people, venture outside of the city and experience a new culture!

## MENTE ARGENTINA YOGA PROGRAM IN BUENOS AIRES HIGHLIGHTS

- ✓ THE GUIDANCE OF WELL-KNOWN AND EXPERIENCED ARGENTINE YOGA INSTRUCTORS AS YOUR PROFESSORS
- ✓ OPPORTUNITY TO IMPROVE HEALTH AND POSTURE
- ✓ INDIVIDUAL CLASSES (AS WELL AS THE GROUP SESSIONS) TAILORED TO YOUR PERSONAL NEEDS
- ✓ OPPORTUNITY TO LEARN TO REDUCE STRESS AND STRESS

## MENTE ARGENTINA YOGA PROGRAM FEE 2017

### YOGA PROGRAM FEE 2017

	Student Residence (Shared Room)	Shared Apartment (Single Room)	Homestay (Single Room)	Private Apartment (Single Apartment)
2 Weeks	USD 1.250	USD 1.390	USD 1.490	USD 1.740
4 Weeks	USD 1.640	USD 1.790	USD 1.890	USD 2.190
8 Weeks	USD 3.090	USD 3.390	USD 3.490	USD 4.090
12 Weeks	USD 4.370	USD 4.820	USD 4.850	USD 5.750

## WHAT IS INCLUDED IN THE YOGA PROGRAM FEE?

### YOGA PROGRAM IN BUENOS AIRES – PROGRAM FEE DETAILS

- Yoga Program Full Tuition Cost (Individual and Group Lessons Included)
- Official Yoga Program Certificate granted by Mente Argentina
- All Yoga Course Materials
- Help and Assistance with visa requirements
- Exclusive Accommodation in the best areas of Buenos Aires: Palermo, Belgrano, Barrio Norte or Recoleta (all utilities and expenses included)
- Full access to Mente Argentina Tours & Activities
- Private Airport Pick Up
- Private Airport Drop Off
- Welcome Orientation
- Mente Argentina Welcome Kit (calling card, insider's city guide, maps, and more)
- Health Club Membership: Free Gym membership included
- Free Local Cell Phone
- Mente Argentina ISIC Global Discount Card
- Tango Lessons
- Conversation Language Exchange Partner
- Mente Argentina On-site assistance & Support Services 24/7

### LEARN MORE ABOUT WHAT'S INCLUDED IN MENTE ARGENTINA PROGRAMS

- ✓ [MENTE ARGENTINA UNIQUE BENEFITS](#)
- ✓ [MENTE ARGENTINA TOURS AND ACTIVITIES](#)

## YOGA PROGRAM START DATES 2017

MENTE ARGENTINA YOGA PROGRAM IN BUENOS AIRES – NEXT START DATES

### MENTE ARGENTINA YOGA PROGRAM NEXT START DATES 2017

Month	Start Date	Start Date 2	Start Date 3	Start Date 4	Start Date 5
January 2017	January 2	January 9	January 16	January 23	January 30
February 2017	February 6	February 13	February 20	February 27	
March 2017	March 6	March 13	March 20	March 27	
April 2017	April 3	April 10	April 17	April 24	
May 2017	May 1	May 8	May 15	May 22	May 29
June 2017	June 5	June 12	June 19	June 26	
July 2017	July 3	July 10	July 17	July 24	July 31
August 2017	August 7	August 14	August 21	August 28	
September 2017	September 4	September 11	September 18	September 25	
October 2017	October 2	October 9	October 16	October 23	October 30
November 2017	November 6	November 13	November 20	November 27	
December 2017	December 4	December 11	December 18	December 25	

## COMBINE YOUR YOGA PROGRAM WITH SPANISH LESSONS!

Mente Argentina Yoga Program also offers an optional Intensive Spanish Course of 20 hours of Spanish immersion classes per week (Monday to Friday from 9am 1pm). This would be the occasion to refresh your memory and to prepare you with specific business & casual vocabulary as well as the most common Argentine expressions and words that you will need to interact in Argentina.

Lessons take 4 hours per day and are delivered from Monday to Friday through the Mente Argentina Intensive Spanish Program in reduced groups of up to 8 students. These group classes can be combined with individual lessons so that you can reinforce your weaknesses and we can answer your inquiries in a one on one meeting.

Spanish School's teachers are highly qualified and have a vast experience in teaching Spanish as a second language. Therefore, the classes will be interactive and above all enjoyable!

The classes can be attended both in the morning and the afternoon, so they will not overlap with the activities of your program.

- ✓ Weekly Spanish Course Fee Add-on (Monday to Friday – 20 hours per Week): USD 195
- ✓ 4 Weeks Spanish Course Fee Add-on (Monday to Friday – 20 hours per Week): USD 690

## ...OR WITH ANY OTHER MENTE ARGENTINA PROGRAM

Mente Argentina offers you the possibility to combine your Yoga Program with another Mente Argentina Program (OPTIONAL).

We offer big discounts for those participants who would like to take 2 or more Mente Argentina Programs simultaneously or back to back. If this sounds like something you would like to do, please contact us so we can quote your full program.

- [EXPLORE MENTE ARGENTINA PROGRAMS](#)

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HAVE A QUESTION?

IN CASE YOU NEED MORE INFORMATION PLEASE FEEL FREE TO CONTACT US AT [HERE](#) OR AT [INFO@MENTEARGENTINA.COM](mailto:INFO@MENTEARGENTINA.COM)

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READY TO APPLY?

AS A FIRST STEP, PLEASE CREATE AN ACCOUNT AND COMPLETE YOUR APPLICATION [HERE](#).

AS SOON AS YOU CREATE AN APPLICATION, YOU WILL BE ASSIGNED A PROGRAM ADVISOR WHO WILL GET BACK TO YOU TO HELP YOU FINALIZE YOUR ENROLLMENT.