



***[www.MenteArgentina.com](http://www.MenteArgentina.com)***

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**MENTE ARGENTINA**

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Program Duration: 2 - 4 - 8 Weeks

Location: Buenos Aires, Argentina

Program Start Date: Every Monday

Program Cost: Please see below

Classes Meet: 3 / 4 Times per Week

Levels: Beginner to Advanced

Class Length: 2.5 Hours per class

Language of Instruction: Spanish – English

Combine this program with [Intensive Spanish Lessons](#) or with [another Mente Argentina Program](#)

### **YOGA PROGRAM 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 IN BUENOS AIRES, ARGENTINA**



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 are experienced and would like to deepen and strengthen their knowledge and ability in their practice.

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 classes:** taught at Mente Argentina's Yoga school in reduced groups led by experienced 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.
- **Individual 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 or 8 Weeks and classes are given 3 times a week.**
- **The Intensive YOGA Program lasts 2 Weeks and classes are given 4 times per week.**

### **MA YOGA PROGRAM IN BUENOS AIRES: YOGA SCHOOL**

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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 FEE 2012

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	Student Residence	Shared Apartment	Homestay	Private Apartment
2 Weeks	USD 1.250	USD 1.390	USD 1.490	USD 1.790
4 Weeks	USD 1.590	USD 1.790	USD 1.890	USD 2.190
8 Weeks	USD 2.790	USD 3.190	USD 3.390	USD 3.950

\*Please feel free to ask us about special discounts for groups or longer stays

## WHAT IS INCLUDED IN THE MENTE ARGENTINA YOGA PROGRAM?

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- Yoga Program Full Tuition Fees.
- Certificate of Yoga Program granted by Mente Argentina
- Exclusive Accommodation in the the best areas of Buenos Aires: Palermo, Belgrano, Barrio Norte or Recoleta
- Full access to Mente Argentina Tours & Activities
- Airport Pick up
- 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 Cellular Phone
- Mente Argentina Discount Card
- Tango Lessons
- Conversation Exchange Partner
- Mente Argentina On-site assistance & Support Services 24/7

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

- ✓ <http://www.menteargentina.com/mente-argentina-services.html>

### LEARN MORE ABOUT THE TOURS & ACTIVITIES INCLUDED IN THE PROGRAM FEE:

- ✓ <http://www.menteargentina.com/tours-activities-buenos-aires.html>
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## YOGA PROGRAM 2011/2012 START DATES

The Mente Argentina Yoga program starts every week and has 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!

### Program Start Dates 2011

	<b>Start Date 1</b>	<b>Start Date 2</b>	<b>Start Date 3</b>	<b>Start Date 4</b>	<b>Start Date 5</b>
<b>November</b>	November 7	November 14	November 21	November 28	-
<b>December</b>	December 5	December 10	December 17	December 24	-

### Program Start Dates 2012

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

## **DO YOU WANT TO LEARN OR IMPROVE YOUR SPANISH? (OPTIONAL)**

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Mente Argentina offers you the possibility to combine your program with Spanish lessons. In this way, you will be able to learn or improve your Spanish while enjoying a unique experience in Buenos Aires.

Lessons take 4 hours and are delivered from Monday to Friday **at the MA Spanish School** 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 (Monday to Friday – 20 hours per Week): USD 180**
- ✓ **4 Weeks Spanish Course Fee (Monday to Friday – 20 hours per Week): USD 690**

## **COMBINE YOUR PROGRAM WITH ANOTHER PROGRAM! (OPTIONAL)**

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Mente Argentina offers you the possibility to combine your program with another Mente Argentina Program.

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**



*In case you need more information please feel free to  
contact us at [info@menteArgentina.com](mailto:info@menteArgentina.com)*

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