

MENTE ARGENTINA YOGA PROGRAM IN BUENOS AIRES-ARGENTINA 2025

NOW ACCEPTING APPLICATIONS FOR THE YOGA PROGRAM 2025



Discover the transformative power of yoga in the vibrant heart of Buenos Aires! Our Yoga Program offers a unique blend of group and private lessons tailored to your needs. Immerse yourself in Buenos Aires with Mente Argentina while deepening your practice and connecting with like-minded individuals.

PERSONALIZED YOGA EXPERIENCE. Enjoy individual classes and group sessions customized to meet your personal needs and goals.

COMPREHENSIVE YOGA PRACTICES. Engage in a variety of yoga styles through 5 group lessons and 2-3 private sessions per week.

CULTURAL IMMERSION. Embrace the essence of Buenos Aires with Mente Argentina while deepening your yoga practice and exploring local culture.

MENTE ARGENTINA YOGA PROGRAM IN BUENOS AIRES: QUICK LINKS

- [Yoga Program Overview](#)
- [Next Start Dates 2025](#)
- [How to Book](#)
- [Yoga Program Fee 2025](#)
- [What's Included in the Program Fee](#)

MENTE ARGENTINA YOGA PROGRAM OVERVIEW 2025

Our Yoga Program at Mente Argentina is crafted to cater to both beginners and seasoned practitioners. Whether you're taking your first steps into yoga or seeking to deepen your existing practice, our program offers a comprehensive approach to achieving personal growth and well-being.

Mente Argentina's Yoga program takes place in an inviting and tranquil environment that is dedicated to several types of yoga. The school is in Palermo and is fully equipped for all types of practice.

DIVERSE YOGA STYLES: Engage in a range of yoga styles, including Hatha Yoga, Yoga Dinámico, Yoga Flow, and more, through both group and private sessions.

HOLISTIC BENEFITS: Experience improvements in flexibility, strength, posture, and overall health. Learn techniques to reduce stress, enhance mental clarity, and boost mood.

PERSONALIZED INSTRUCTION: Benefit from individual yoga lessons designed to address your specific needs and goals, providing focused attention and tailored guidance.

CULTURAL IMMERSION: Immerse yourself in the dynamic culture of Buenos Aires while enhancing your yoga practice with Mente Argentina's supportive community.

PROGRAM COMPONENTS

GROUP YOGA CLASSES: Join reduced-size group sessions at our dedicated yoga school. Each class includes pranayama (breathwork), vinyasa flow, and asanas with a focus on alignment and adaptability for all levels

INDIVIDUAL YOGA LESSONS: Receive personalized instruction through a series of one-on-one sessions, beginning with a consultation to tailor the lessons to your strengths, experience, and goals.

MENTE ARGENTINA YOGA PROGRAM OPTIONS

- **Regular Yoga Program:** Spanning 4 to 16 weeks, this option includes 5 group lessons and 2 private lessons per week, providing a balanced approach to yoga practice.
- **Intensive Yoga Program:** For those seeking a more immersive experience, this 2-week program includes 5 group lessons and 3 private lessons per week, designed to accelerate your practice and progress.

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.

MENTE ARGENTINA YOGA PROGRAM FEE 2025

PROGRAM FEE				
	Student Residence (Shared Room)	Shared Apartment (Single Room)	Homestay (Single Room)	Single Apartment (Private Apartment)
2 Weeks	USD 1.690	USD 1.790	USD 1.890	USD 2.090
4 Weeks	USD 2.590	USD 2.690	USD 2.790	USD 3.090
8 Weeks	USD 4.890	USD 5.090	USD 5.290	USD 5.890
12 Weeks	USD 7.090	USD 7.390	USD 7.690	USD 8.590
16 Weeks	USD 9.190	USD 9.590	USD 9.990	USD 11.190

MENTE ARGENTINA YOGA PROGRAM START DATES 2025

NEXT START DATES					
Month	Start Date	Start Date 2	Start Date 3	Start Date 4	Start Date 5
January 2025	January 6	January 13	January 20	January 27	
February 2025	February 3	February 10	February 17	February 24	
March 2025	March 3	March 10	March 17	March 24	March 31
April 2025	April 7	April 14	April 21	April 28	
May 2025	May 5	May 12	May 19	May 26	
June 2025	June 2	June 9	June 16	June 23	June 30
July 2025	July 7	July 14	July 21	July 28	
August 2025	August 4	August 11	August 18	August 25	
September 2025	September 1	September 8	September 15	September 22	September 29
October 2025	October 6	October 13	October 20	October 27	
November 2025	November 3	November 10	November 17	November 24	
December 2025	December 1	December 8	December 15	December 22	December 29

WHAT IS INCLUDED IN THE YOGA PROGRAM FEE 2025?

PROGRAM FEE DETAILS

- Group Yoga Classes: Enjoy 5 group yoga lessons per week at our specialized yoga school, covering various styles including Hatha Yoga, Yoga Dinámico, and Yoga Flow.
- Private Yoga Lessons: Benefit from 2 to 3 personalized one-on-one sessions per week, tailored to your individual needs and goals.
- Certificate of Completion: Receive a certificate granted by Mente Argentina upon successful completion of the Yoga Program.
- Exclusive Accommodation: Stay in one of Buenos Aires' premier neighborhoods such as Palermo, Belgrano, Barrio Norte, or Recoleta, with all utilities and expenses covered.
- Full Access to Mente Argentina Tours & Activities: Explore Buenos Aires with a range of complimentary tours, outings, and cultural activities designed to enrich your experience and connect you with both locals and fellow participants.
- Private Airport Transfers: Enjoy private transfers to and from the airport for a seamless arrival and departure experience.
- Welcome Orientation: Begin your program with a personalized one-on-one welcome orientation to help you get acclimated and make the most of your stay.
- Mente Argentina Welcome Kit: Receive a welcome kit including a local SIM card, SUBE transportation card, welcome guide, city maps, and other essentials to ensure a smooth start.
- Health Club Membership: Access a local gym with a complimentary membership, including free classes to support your fitness and well-being.
- Local SIM Card: Provided as part of your welcome kit, with the option of a borrowed smartphone if needed.
- ISIC Global Discount Card: Benefit from additional savings and discounts with the Mente Argentina ISIC global discount card.
- Cultural Experiences: Participate in group tango lessons and other cultural events to immerse yourself in the local culture.
- Conversation Exchange Partner Passes: Get passes for conversation language exchange events to practice Spanish with local partners and enhance your language skills.
- 24/7 On-site Support: Our dedicated team is available around the clock to assist with any needs or concerns you may have during your program.
- Mente Argentina Community: Join a dynamic community of international participants, forging new friendships and professional connections.

LEARN MORE ABOUT WHAT'S INCLUDED IN MENTE ARGENTINA PROGRAMS

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

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.

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 780
- ✓ 10 Hours Pack of Private Spanish Lessons: USD 280

...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](#)

HAVE A QUESTION?

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

READY TO BOOK?

AS A FIRST STEP, PLEASE CREATE AN ACCOUNT [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.