Yoga Arava

The Arava (desert) communities of Southern Israel, including their guest houses, are inviting the world of yoga to come and visit for one weekend for the special event, Yoga Arava. This is the seventh year the event will be taking place, this year. on Nov. 2-4 Throughout this magical weekend you will gather all around the Arava villages for deep yoga workshops with the best teachers in Israel and special guest teachers from abroad, while being embraced by the exhilarating desert landscape.

Derived from the Sankrit word "yuj" which means "to unite or integrate," yoga is a 5,000-plus-year-old Indian body of knowledge and is all about harmonizing the body with the mind. The benefits of a yoga practice are many and include: holistic fitness, weight loss, stress relief, inner peace, improved immunity, increased energy, better flexibility and posture and much more.

Thanks to the increasing awareness of the benefits of the practice, yoga has become popular in Israel just as it has in the North America. In recent years, Israelis have been practicing yoga and joining yoga classes very enthusiastically to the point that yoga is now an integral part of Israeli daily life. Desert Yoga is something that has become extremely popular in Israel, providing a peaceful environment for practicing yoga and meditation.

The idea of Yoga Arava is to have deep practices all along the Arava, where each participant selects the suitable workshop for him/herself, the teacher that interests him/her the most, or the most interesting place to practice in, and stays in the selected place throughout the event. The breathtaking ancient scenery, the sense of wilderness all around, the meticulous desert hospitality and the variety of accommodation styles creates a wonderful place for yoga practice. It is only natural that this part of Israel will connect with the world of spirituality, and together will bring the participants to new levels of profundity.

For more information about Yoga Arava or to register, visit their website:
http://www.yogaarava.co.il/en