



YOGA RETREATS IN ITALY – SUMMER 2017

Podere Isabella, Monticchiello (Siena - Tuscany)

Three Regenerating Yoga Retreats in the peaceful of Tuscany hills

29 JULY-4 AUGUST AYURYOGA: 7 days of yoga, ayurveda and meditation in nature.
(Yoga Style: Ashtanga Vinyasa - Hatha)

HIGHLIGHTS:

- ✓ Daily Yoga session
- ✓ Morning mantra songs and meditation
- ✓ Work on perception, listening, centering & active meditation in nature
- ✓ Ayurvedic and Craniosacral individual treatment
- ✓ Art therapy sessions

5- 11 AUGUST: YOGA IN SOUND: a meeting with the 5 elements through yoga, sound, and breath in order to become aware of how they move within us so that in the end we may restore them to equilibrium. Direct contact with nature amplifies perceptual abilities and brings us into contact with our interior rhythm, rebalancing the entire system.
(Yoga Style: Ashtanga vinyasa)

HIGHLIGHTS:

- ✓ Daily ashtanga yoga session (1° series Led/Mysore, pranayama, bandha, kriya)
- ✓ Vocal work

- ✓ meditation and walking in nature
- ✓ Body work with live music and relaxation with singing bowl
- ✓ Sleeping concert

12/19 AUGUST: ASHTANGA YOGA RETREAT IN NATURE: (Yoga Style: Ashtanga - Biomechanics Yoga)

HIGHLIGHTS:

- ✓ daily ashtanga yoga session (I° series Led/Mysore, pranayama, bandha, kriya)
- ✓ postural work with biomechanics yoga
- ✓ Body work, meditation and perception in nature.
- ✓ Sleeping concert with live music

LOCATION: Podere Isabella (www.podereisabella.it), is a typical farmhouse recently restored according to Feng Shui principals, with eco-friendly materials and alternative energy. The property is situated in the peaceful hills south of Siena, with an 180 degrees view of the Val d'Orcia's enchanting landscape. Panoramic swimming pool. Healthy vegetarian local meals



REDUCED RATES FOR EARLY BOOKING !!

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