

Welcome the harmony within you

This weekend retreat is ideal for those who want to dedicate time to complete relaxation and at the same time practice yoga, to reconnect with nature and their self, away from the chaos of the city. Yoga practice will be suitable for everyone, even open to beginners or those who have never practiced. It will be the right time to approach yoga, nature, slow time and sharing.

Allowing yourself a break different from the others, taking care of your body on a physical and mental level through yoga is one of the recommended ways to say goodbye to the chaos and frenzy of daily life.

3 days to be able to get more in touch with oneself, connect with nature, the local territory, meeting new energies from which to take inspiration, or simply enjoy the moments of quiet, immersed in nature, being aware of every moment of the day.

Yoga helps keep the body healthy, to awaken that awareness that we sometimes put aside and that it would be more useful for us to recognize daily. Developing physical strength and body stability is just one aspect of yoga, mental energy can be integrated into the body and actions.

During your stay you can approach this discipline in a delicate and gentle way, through a soft and fluid approach, of connection between breathing and posture. At the end of a practice, you will be able to collect and see the effects of muscle stretches and how the correct alignment of the body can influence the quality of your thoughts, calm, lucidity, and mental clarity.

The objective of the ***Welcome the harmony within you*** retreat is to be aware of yourself at every level (body, mind, and spirit).

This stay is a taster for those who want to approach yoga, meditation, and pranayama in a simple and natural way. Moments of interior meditation will emerge spontaneously when you find yourself immersed in nature. It will be a journey to discover the highest potential of one's Self and joy as a natural condition of our being.

The yoga practice during the retreat will be progressive, so that even those who are new to yoga can find their ideal rhythm and learn to gradually flow into the positions. During this retreat you will learn to listen to your body, letting yourself be guided by your breath and connecting with sensations, to live the present moment with lightness, joy, authenticity, and awareness.

There will be hatha yoga and hatha yoga flow practices, with dynamic and soft sequences, yoga lessons with a focus on body alignment (restorative yoga), to accompany us towards the night hours and free time, to ensure that this experience is a small regenerating holiday, away from the chaos and noise of the city.

Programme

Friday

- 2.00pm Check in, accommodation, organisational information, free time
- 6.00pm: Hatha Yoga practice
 - o Presentation circle
 - o Practice with the use of supports, cushions and blocks, to maintain positions in a comfortable and focused way for longer
 - o Yoga Nidra
- 8.00 pm Vegetarian/vegan dinner

Saturday

- 8.30 - 10.00 Hatha Yoga Flow
 - o Yoga practice to awaken the body and start the day positively, with balance and calm; to develop awareness of the rhythm of breathing and its qualities (brief introduction to complete yogic breathing, to let go of tensions through breathing); to develop flexibility and stability, to recognize and define the intention of the day and connect with the present moment.
 - o Pranayama: rebalancing breathing techniques to expand the breath or Yoga Nidra to experience the state of sleep - wakefulness. Guided relaxation and withdrawal technique of the senses to release tension, rigidity and connect with the body and sensations.
 - o Meditation: to connect with our inner self, develop mental presence and awareness of your physical, mental, and energy state.
- 10.00 Vegan vegetarian breakfast/brunch
- 11.00-20.00 free time: swimming pool / Thai massage treatments - Thai foot massage
- 8.00 pm dinner

Sunday

- 8.00 -10.00 Hatha Yoga Flow (dynamic practice with soft and slow transitions, aimed at keeping the body gently warm, stretching, and restoring mobility to the joints and making them more flexible).
- 10.00 vegetarian-vegan breakfast / brunch
- 12.00-15.00 free time
- check out 3.00pm

Yoga with Anna

By experimenting with different styles of Iyengar, Hatha and Hatha Flow Yoga, Anna has found her own way of approaching yoga: constructive and conscious, suitable for everyone and where everyone can perform even challenging positions, aware that the purpose of yoga is union between body and mind.

The lessons develop in a gradual and balanced way, moving from soft moments to more energetic moments, always ending with a deep and conscious relaxation, returning to the roots by welcoming oneself.

This yoga practice is progressive, so that even those new to yoga can find their ideal rhythm and learn to gradually flow into the poses. The only obligation will be to have the will to learn to listen to your body, leaving behind any sense of competition, so that you learn, in yoga as in life, to live with lightness and awareness. Anna will guide you through her intention:

- Welcome the harmony that is within you.
- Be aware on every level: body, mind and spirit.
- Orient your mind and return to your roots. Each of us is a bright soul, worthy of finding happiness, peace and harmony in this life. Yet we often forget all the gifts, talents, and inner qualities we have, engaged by necessity in filling the spaces of activity, work and relationships.
- Simply put, we are externally oriented, and most of the time our awareness is extroverted. Yoga is a very important tool for finding one's own centering, one's balance and obtaining a profound understanding of oneself, orienting and welcoming life day by day, with profound gratitude.

Menu

DINNER

- Entrée: guacamole or chickpea hummus, served with crudités and ancient grain crackers
- Option 1: Omelette roll filled with goat or sheep's cheese
- Option 2: cold or hot legume soup (seasonal)

Side dish: seasonal vegetables gratin OR baked or pan-fried vegetable flan

LUNCH

First course: quinoa poké and cooked fresh seasonal vegetables OR brown rice pasta with cooked seasonal vegetables

Second course: grilled marinated tofu

Side dish: carpaccio of raw seasonal vegetables

BREAKFAST:

- Homemade cake without gluten or milk
- Gluten- and milk-free pancakes topped with almond butter, ghee, coconut oil, sugar-free jam, raw honey
- fresh fruit, dried fruit, oil seeds, wholemeal flakes with vegetable milk, bitter cocoa and cinnamon

Costs (assume 6 guests)

Cost to each guest: 700€