

YOGA TREKKING WELLNESS



AUM LOTUS PRESENTS

www.aumlotus.com

YOGA TREK TUSCANY
September 8-10 2017

LOCATION & SETTING

The Villa Borgo is located in Borgo all Collina, just outside the Forest of Casentino National Park. Near to the Sanctuary of La Verna our private villa is in the heart of Tuscany, about 50km east of Florence, Italy.

Villa Borgo is a typical Tuscan villa that stands alone in a huge park, with a great view over the Arno Valley. Located in a wonderful position close to the southern edge of Casentino's Forest, famous for its rich and diverse flora and fauna where you can find wild boar, deer, hares, porcupines, wolves, eagles and buzzards.



YOGA & MEDITATION

We will start each day with an early morning Yoga practice to wake up the body and focus the mind. The yoga practice is suitable and accessible to all people; beginners and practitioners alike. We will also practice walking meditation in the forest and group meditation in the evenings to empty the mind and connect our hearts as a community.



TREKKING

Our trek through the woody hills will be the main activity of Saturday, our second day, where we will drive nearby to the Sanctuary of La Verna, and then trek, passing through the sacred Forest where Saint Francis of Assisi frequently meditated. A spiritual journey to appreciate the beauty of Nature and discover the interconnectedness of our world.

•No previous trekking experience required.



WELLNESS

Villa Borgo offers a beautiful atmosphere for some rest, relaxation, and rejuvenation. Enjoy a sunset swim in the pool while overlooking the surrounding mountains or release your tension in the hot sauna.

There is also the opportunity to advance book an Ayurvedic Massage, Sound Healing session, or Gemstone Healing consultation at an extra charge.



CUISINE

We will collectively, prepare, cook, and offer fresh organic vegetarian cuisine inspired and infused by the exquisite tastes of Tuscany.

Nourish your body with their delicious food and fuel up for the various activities. We will eat together as a group and cherish the old and new bonds we share as friends, family, and community.



PRACTITIONER BIOGRAPHIES:

Violante Binazzi

is a passionate yoga practitioner who has been teaching and inspiring students to travel deeper into their practice through creativity. She specializes in Ashtanga Vinyasa as well as the connection between Yoga, Art and Education.

Niccolo Paparozzi

has been practicing and teaching yoga for the past 10 years, and perfecting his technique in Ashtanga Yoga with Lino Miele. He is also trained as a Hatha yoga instructor through the Himalayan Institute of Florence. Nature is an integral part of Nicco's spiritual path.

Andrew Kay

is a multi-instrumentalist that shares his vast knowledge of music and experience with vibration & sound to inspire others to embrace their sonic essence and open themselves to the practice of deep listening.



ACCOMMODATION & PRICING:

We have only a few spots at Villa Borgo still available:

Single Bed in Shared Room - ~~€240~~ €200

Double Private Room - ~~€500~~ (~~€250/person~~)

• Reserved for couples €420 (€210/person)

Book Now!!

**FINAL SPOT
DISCOUNT**
(seen in red).

Refer a friend and save!!

SAVE €20

If you sign up and refer a friend who also signs up you can save them €20. We will give them the Early Bird Pricing of €180 (Single Shared) or €200 each (Double Private)

PAYMENT: Please fill and submit the application form and pay the full amount via PAYPAL or BANK TRANSFER in order to lock in the **Final Spot Discount**.

*Payment of the fee guarantees your spot in our retreat and is non-refundable.

Aum Lotus strives to make all our activities and retreats accessible to people from all walks of life. If you are in need of financial assistance please contact us and we will be happy to discuss possible solutions.

RETREAT INCLUDES:

- 2 nights accomodation
- 5 meals (2 Dinners, 2 Breakfast, 1 Lunch)
- Trekking to La Verna Sanctuary passing through the mystical and sacred forest of St. Francis of Assisi
- Yoga Classes and Group Meditation
- Walking Meditation
- Sound Bath and Deep Relaxation with Himalayan Singing Bowls
- Use of Sauna & Pool



ADDITIONAL COSTS:

- Transportation to and from (let's carpool)
- Cost of Lunch Box for the Trekking; we will stop during the trek at a typical country deli to pick up our food. (approx. cost €5-10)

OPTIONAL COSTS:

- Ayurvedic Massage (45min) €70
- Gemstone Healing Consultation (30min) €50
- Sound Healing Session (45min) €70
- Reservation is required in advance for the above optional treatments.



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