

WORKSHOP ASHTANGA YOGA RETREATS IN TOSCANY (Italy)

21 September to 30 September 2022

Ashtanga Yoga immersion retreat in a beautifully restored Podere located between Florence and Siena in Tuscany.

The Place : A deepening retreat in your Ashtanga Yoga practice in the heart of the beautiful Tuscan countryside with full board. Podere La Valle is a luxurious haven of peace designed for wellness and health : beautiful infinity pool, indoor spa, excellent accommodation. Anji, a skilled cook and ashtanga practitioner, is good humour in person. She creatively uses local products to offer us healthy food with a clear vegetarian trend.

The estate covers 153 hectares and 5 beautiful walks of different lengths are signposted. Jérôme will also be happy to explain the distillation process of the aromatic and medicinal plants as well as his organic cosmetic line.

Not far from two cities steeped in history, Florence and Siena, but also from the beautiful towns of Volterra and San Gimignano.

Ashtanga : This is a marvellous and very fine method of dynamic yoga from South India. By synchronising postural control and breathing rhythm with dynamic movements, it provides the practitioner with harmony and intelligence in the development of his or her physical, mental and spiritual strengths.

This retreat aims to help each participant to understand and perceive the path that will allow him or her to develop and increase his or her bodily possibilities while respecting oneself. To feel in one's body the beauty of the asanas, the quality of "letting go", and to find in this postural melody the door to meditation.

Participants arrive in the morning. A shuttle bus will be provided for the transfer from the Firenze or Pisa airport to the Podere.

Open to all except yoga beginners. Knowledge of Ashtanga is required.

Programme

Day 1:

Arrival at the Podere.

Installation, pool, spa, walk, nap...

4.30 - 6.30 pm : [Ashtanga practice 1st serie](#)

Relaxation

Dinner.

Day 1 to 9 :

7.30am - 1/2 hour pranayama followed by 2.5 hours of Ashtanga practice.

10.45am - Brunch

Pool, Spa, walk, ...

3.45pm - Snack

5:30 pm - A 1h30 session at the end of the afternoon: deepening of certain asana, flexibility of the hips, inverted postures, theory, questions/answers

7.45pm - Dinner

Castello di Ama : During the stay, one afternoon will be dedicated to a visit organised in collaboration with the wonderful Lorenza, owner of one of the most beautiful vineyards in Chianti. She will show us the work of the vineyard and her magnificent "gallery" dedicated to contemporary art. Each work of art blends in with the different areas of the estate and the work of the vineyard.

The gallery is called "Castello di Ama per l'arte contemporanea". A beautiful encounter and a privilege.

Day 10 : Departure

Massages

On previous retreats we have all enjoyed Geraldine's wonderful massages using the good essential oils produced on our Podere. She has been part of the project since the beginning and will probably be with us again 😊 .

Possible screening of yoga and other films (your input is welcome), including "Breath of the Gods" which helps to understand the origins of Ashtanga and "Yogananda".

Conditions

Price for the retreat in a double room, all inclusive except flights, shuttles, massages and wine.

The accommodation is luxurious and consists of several little apartment with a small kitchen and a beautiful living room for one or two spacious rooms with separate beds (or joined for couples) and private bathroom. Bath towels and pool towels + bathrobe for the spa provided. Washing machine available. Free Wifi throughout the estate.

From 21 to 30/09/2022, i.e. 10 days : 1325 €.

Transport

Flight to Florence or Pisa airport.

Transfer to the Podere either by taxi or by train to Poggibonsi or Castellina in Chianti station. Large parking area if you come by car.

Payment

An initial deposit of **€385** is required at registration to secure your place. There are only 14 places + 1 possible place for a yogini in financial difficulty (contact me).

If you are unable to attend, there will be no refund of the deposit, but you may transfer your place to another person after informing the organisers.

In case of cancellation by the organisers, the deposit will be fully refunded.

Here are the bank details for this deposit :

Fontelavalle-Belgio sprl

125 rue Marconi 1190

IBAN: BE30 3631 5927 1111

Be sure to include your full name plus "Yoga retreat September 2022".

For all enquiries and information:

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