



## Summer Retreat 2017 Casalborgone, Italia

**Retreat Schedule** Sunday, 13 August (pm)–Saturday, 19 August (am)  
2017

08.00 – 09.30	Sitting, pranayama	12.00 – 17.00	Lunch and break
09.30 – 10.00	Break	17.00 – 19.30	Asana, study of text
10.00 – 12.00	Asana practice	20.00 – 21.00	Dinner

**Price** (travel costs excluded, includes pick up from train)  
“Early Bird” before 15 May (registration + deposit 150,- non-refundable)  
 780.- all inclusive, shared room  
 720.- all inclusive, camping

16 May – 1 July 840.- all inclusive, shared room  
 780.- all inclusive, camping

To register: [shirley@yogapractice.nl](mailto:shirley@yogapractice.nl)



## Vijnana Yoga practicing from inside

Our practice includes just sitting, kriya, vayu, pranayama and asana - integrating Vayu, the ten vital winds and the Principles of Vijnana Yoga. We will focus on Patanjali’s well-known definition of yoga asana, sthira-sukham-asanam, The asana is stable and pleasant.

This year our study of text is the Mahabharata, the great Indian epic that holds within it the much loved yogic text the Bhagavad Gita (The Lord’s Song).

**Athos-Natura, Casalborgone** is a small community based on traditional agriculture and the arts. We find many things unusually handcrafted - from hand made buildings, embroidery, jam, pasta, to home made bread. Vegetable seeds are selectively collected and safe guarded. Our superb Italian home style meals are an example of direct garden to table quality and freshness. Our morning sitting is outside on the terrace under blue skies. Asana practice is in the cool, protected dojo shaded by the bamboo forest. The location is quite secluded and it is not necessary to leave, unless one has the desire for Italian gelato in the nearby village, within walking distance. We are received and cared for by Pietro Zucco and Family.

