



## Summer Yoga Retreat 2018 Casalborgone, Italia

**Retreat Schedule** Saturday, 11 August (pm)–Friday, 17 August (am)  
 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
<u>16 May – 1 July</u>	840.-	all inclusive, shared room
	780.-	all inclusive, camping

**Yoga and Aikido Meet Saturday + Sunday 18, 19 August**  
 Domenico Zucco Shihan, 7th dan Aikikai d’Italia and Shirley bring Yoga and Aikido together. We will explore together just sitting, vayu, pranayama, asana, aiki taiso (movement), aiki ken (sword), overtone (singing) and sumi-e (Japanese brush). Find out where they meet and how they inform each other in practice of body, breath and mind. No aikido experience necessary.

**Price** €260.- shared room      €240.- camping            €200.- dojo

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



## Vijnana Yoga practicing from inside

Our practice includes just sitting, kriya, vayu, pranayama, asana and study. We integrate vayu, (the ten vital winds) in pranayama and asana.

Our practice is inspired by the study of yogic texts.

Our practice is guided by the principles:

relaxing the body  
 quieting the mind  
 intent  
 rooting  
 connecting  
 breathing  
 expanding

**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 hosted by Pietro Zucco and Family. Nonna Rosa creates divine vegetarian meals for us.

