



Vijnana Yoga* retreat in Tuscany 11 - 16 September 2022

Beginners and more experienced practitioners are welcomed to five days retreat in Tuscany to explore stillness, awareness and the experience of sensation. * Vijnana means a kind of understanding that comes from inside.

Morning practice includes sitting, pranayama (including vayu) and asana. In the middle of the day a long break for rest and/or walking and taking in the natural beauty of the area. Later, an afternoon practice and yogic philosophy.

We are received by our hosts at this most wonderful of retreat centres called A-Way, near Perugia in Tuscany. On the grounds are organic gardens, olive and fruit trees, an outdoor yoga deck, swimming pool, plenty of lounge chairs, outdoor dining terrace, incredible vistas... Please see www.a-way.info to learn more.

Vijnana Yoga is guided by Shirley Woods in Innerspace on the Elandsgracht, Amsterdam. Vijnana Yoga teacher training, philosophy courses and weekly classes are offered.

For information: shirley@yogapractice.nl www.yogapractice.nl

Dates:	Arrival	Sunday 11 September, starting 4 pm
	Departure	Friday 16 September, after morning practice and lunch

Price:	€775,00	Inclusive. Lodging, all meals, yoga programme Yoga mats, props, towels, bedding is provided.
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Travel: By train and by car from NL you will have to allow for two days travel. By air you can come through Florence (1.5 hr), Perugia (1 hr), Pisa (2.5 hr) or Bologna (2.5 hr) and Rome (3.5 hr). From all these cities trains run to Arezzo. In Arezzo you can find a taxi (40 min./ca €50.) or rent a car at the airport (quite inexpensively).

The nearest town is Anghiari. If you plan to stay a few extra days in the area, B&B's and Agriturismo's can be recommended.