



“When I see this blessed countryside again, at the southern foothills of the Alps, then I always feel as if I were coming home from banishment, as if I were once again on the right side of the mountains. Here the sun shines more intimately, the mountains glow with a deeper red, here chestnuts and grapes, almonds and figs are growing...”

Hermann Hesse  
© Suhrkamp Verlag

## YOGA RETREAT IN VALLE MAIRA

Be connected with the earth - touch the sky!

Pure Nature: Hiking: Awareness

04. August - 11. August 2019

Kingdom Ayurveda Resort invited you for a very special Yoga Retreat at an amazing place: Centro Culturale Borgata in San Martino - *here we will be connected with the earth and touch the sky!* Our home is in very old restored houses made of stone. In the morning you will wake up with the surrounding of untouched nature with clean and fresh air. The smell of flowers, herbs and trees will dance around your nose.

At 1400 meter high you will get the experience of authentic yoga with ADITYA, Yoga Acharya from India. He is our yoga teacher at Kingdom Ayurveda Resort, Sri Lanka. Fresh and authentic food in piedmontese style with products out of Valle Maira and Piedmont will offer us a delightful enjoy to all our senses. Hiking in awareness and calm on the old trails of the farmers out of Valle Maira will bring us back to the earth and our mind will fall in peace. We will feel the pure nature!





### **ADITYA, Yoga Acharya from India**

A fitness enthusiast! Aditya comes with 12 years of experience in education industry as project Manager. Couple of years ago he was introduced to yoga, his journey took a turn from there on. He decided to quit his job and started his journey towards Yogic life. Aditya deeply inspired by the words – “health is wealth, peace of mind is happiness, yoga shows the way”. Aditya is a 500 hours certified yoga teacher from sivananda Yoga Ashram, India. He specializes in Hatha, Yin, and Anti-Gravity Yoga, focusing on true holistic approach to our whole system of body, mind and soul. He enjoys inspiring other to improve their state of wellness and to commit themselves to long term health and well-being | [View Aditya’s stories on Instagram: YogaWithAditya](#)

### **San Martino Inferiore**

San Martino Inferiore is located at the end of a small country road on the southern slope of the Maira Valley in 1400 m. There, some old cottages have been perceptively restored and reconstructed according to their new function. On the surrounding meadows and fields there are plenty of places to enjoy oneself and relax. Lots of mule paths invite to walks, hiking trips or excursions onto the higher mountains. The mountain church in Elva, one of the eight most attractive culture monuments in Piedmont, the Romanic church San Peyre and the medieval “Ospedale di Caudano” can be reached on foot. In the further surroundings there are the towns Saluzzo and Cuneo, the famous castle of Manta and Italy`s most renowned vine- and culinary-area, the Langhe.

### **Centro Culturale Borgata**

On 7th March, 2004 Andrea Schneider from the Centro Culturale died at the age of 53 during the stay at a health resort in the Allgäu. Together with his wife Maria, he has done a lot for the revival of the alps and for a sustainable tourism in the Maira Valley. Maria Schneider continues the work at San Martino in the usual manner. Our Yoga lessons will be done outside in the garden or under the roof in an energetic yoga room. There is no better place, to connect to your inner self and to feel your own power.

### **Restaurant**

Lunch is served on request. The dinner is a set menu (“menu fisso”). Beside the “normal” menu we offer also a vegetarian menu. We also consider food intolerances and allergies when preparing our menu. Due to the remote location and the great demand it is necessary to make a reservation. The philosophy of the kitchen is to use local products. Most of the salad and vegetables are from our own garden and small local growers. Cheese is obtained by the many cheese dairies nearby. We serve Piedmont wines to our 5-course-dinner.





### Philosophy of awareness

Andrea Schneider died already in 2004, thanks to its collaborators the Centro Culturale has become a well-known and popular place. But one thing is still the same: the principle and the philosophy of walking slowly and consciously, moving oneself in the mountains without devices, moving forward meter by meter paying attention to one's own breath. It is a wonderful experience to hike up a mountain of 3000 meter in one's own rhythm and to be conscious of every single step. A toddler's joy and pride when it stands up and does its first steps without help is comparable with the hiking in high mountains for adults. When we are moving us attentively in the nature we are enjoying luxury goods that do not exist anymore in our everyday life, such as walking slowly in the nature, the differentiated scenting of fresh herbs, the wonderful colors of the autumn foliage, the enjoying of fresh spring water...

### Program / Services

Arrival on 04.08.2019, a warm welcome with first dinner. Each day starts with Yoga, Meditation or Silent walk and in the evening Yoga / Yoga Nidra / Chanting to relax & rejuvenate the mind, body and soul. The last two days of the retreat we will practice more exercises, games or reflecting talking together / sharing life experiences, to improve our feeling for this special meeting. There is enough space for yourself for hiking on the famous maira trail. Your rooms in the Centro Culturale Borgata included a perfect breakfast and 5 course dinner (vegetarian - or fish and meat). First dinner will be on 04.08.2019 - last breakfast on 11.08.2019.

Rooms	Rates per person/night	Rates per person / 7 nights
Doublerooms /Triplerooms	From 58 € to 75 €	From 406 € to 490 €
Singlerooms	From 70 € to 95 €	From 490 € to 665 €
Yoga classe with Aditya	12 members maxium	300 €

### Booking

please send your early booking with all personal details to [reservation@kingdom-ayurveda.de](mailto:reservation@kingdom-ayurveda.de) - We will transfer your booking for rooms to Maria Schneider.

#### Confirmation of rooms

you will get confirmation mail directly from Borgata San Martino with dates of prepayment and last payment. And cancellation policy.

#### Confirmation of Yoga Retreat

**The invoice of yoga retreat will be send by Kingdom Ayurveda Resort and you have to pay in advance. Refund after cancellation is not possible. You can book instead new member or yoga retreat.**





### **Important to know**

This Yoga Retreat is a private tour organized by Kingdom Ayurveda Resort. Inge Volkert will assist you to organize your trip to san Martino by flight/ car/train.

### **Information on travelling**

San Martino is located about 120 km southwest of Torino in the Maira Valley, a hardly developed valley in the High Alps at the border to France. It can be reached via the highway Torino-Savona, Exit Marene, via Saluzzo, Busca, Dronero, Stroppo. There you turn right in direction of Elva and follow the road until 500m before San Martino Superiore. Here you turn left on a small road which leads directly to San Martino Inferiore.

### *Only birds come by flight.*

The closest airports are in Milano, Torino and Nice. Take the train to Cuneo and then the bus in direction of Acceglio; get off the bus in Bassura/Stroppo. Please inform us if you would like to be picked up from the bus stop at Bassura/Stroppo. Otherwise you can walk on the hiking trail to San Martino in about 1- 2 hours.

### **Addresses:**

#### **Centro Culturale San Borgata**

(Direct contact with the hotel keyword Yoga Retreat Aditya)

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**Move your Feet – the mind will follow (Willem Wittstamm)**

