

Women's Circle in Assisi, Italy

A retreat for your physical, mental, emotional and social wellbeing

June 30 – July 5, 2020



Come and immerse yourself in a 6 days wellbeing program designed by Aditya! Well, the term Wellbeing is very subjective but in this retreat we focus on physical, mental, emotional and social wellbeing. Quality of life and prosperity, positive physical and mental health, sustainable thriving communities.

Also the perfect opportunity to reconnect with your body, your mind, and your soul in the beautiful and natural setting of [Le Case – Agri Tourism](#).

You will get to know yourself on the deepest level – forming an intimate relationship with your innermost essence. Opening the mind-body-heart provides great fulfilment and also allows you to connect more deeply with others.

Schedule:

Day 1: 30 June, Tuesday

Check-in from 2 pm...

Time	Details
14:00	Check-in and Free time
17:00 – 17:30	High Tea
17:30 – 19:00	Introduction and First Hatha Yoga Class
19:30 – 20:30	Dinner
20:30 – 22:00	Knowing each other / Knowing interesting stories from each one

Day 2: 1 July, Wednesday

Time	Details
07:15 – 08:15	Meditation & Pranayama
08:15 – 09:00	Breakfast
09:00 – 17:00	Free Time – Plan your own activities
17:00 – 17:30	High Tea
17:30 – 18:45	Yoga Class
19:30 – 20:30	Dinner
20:30 – 21:30	Talk on Yoga Philosophy – what is your understanding about YOGA?

Day 3: 2 July, Thursday

Time	Details
07:00 – 08:15	Yin Yoga Class
08:15 – 09:00	Breakfast
09:00 – 14:00	Free Time – Plan your own activities
14:00 – 16:00	Mandala Art Therapy
17:00 – 17:30	High Tea
17:30 – 18:45	Vinyasa Yoga Class
19:30 – 20:30	Dinner

Day 4: 3 July, Friday

Time	Details
07:15 – 08:15	Meditation & Yoga Nidra
08:15 – 09:00	Breakfast
09:00 – 17:00	Free Time – Plan your own activities
17:00 – 17:30	High Tea
17:30 – 18:45	Hatha Yoga Class
19:30 – 20:30	Dinner Night
20:30 – 22:00	Circle (Discussion on various spontaneous topics)

Day 5: 4 July, Saturday

Time	Details
07:15 - 08:15	Meditation & Yoga Nidra
08:15 - 09:00	Breakfast
09:00 - 17:00	Free Time - Plan your own activities
17:00 - 17:30	High Tea
17:30 - 18:45	Hatha Yoga Class
19:30 - 20:30	Dinner Night
20:30 - 21:30	Fun Activities (Mental and Physical)

Day 5: 5 July, Sunday

Time	Details
07:15 - 08:15	Meditation & Yoga Nidra
08:15 - 09:00	Breakfast
09:00 - 11:00	Free Time - Plan your own activities
11:00 - 12:30	Conclusion talk & Departure (Or guests can extend their holiday)

List of activities:

Meditation & Pranayama: Guided meditation, Breathing exercise & Yoga Nidra

Yoga Classes based on the five elements (In Sanskrit, it is called 'panchamahabhuta') of nature: Understanding the 5 elements of nature and their relationship with the human body. Understand the laws of nature and to use yoga to attain greater health, power, knowledge, wisdom and happiness. This arises out of deep intuition of how the universe operates.

Yoga Philosophy Talks: We touch upon different topics from spiritual philosophy to general subjects which always include interactive discussions

Mandala Art Therapy: A form of psychotherapy! An artistic process using geometric patterns in an effort to find or restore a sense of healthy mental balance.

Knowing each other / Tell your stories: This is a time for connecting with others, getting to know each other and celebrating life through high vibration games, movement and sharing. When you laugh together first, deeper connections are made. Then, as serious topics ensue, everyone opens up their hearts a little wider to let others in to know them, their hopes and dreams, their fears. These things make a retreat touch each person in meaningful, lasting ways.

Thai Massage: One Thai Massage session with Aditya on appointment basis & it is part of the retreat price

Retreat Teacher:

Aditya | Yoga Acharya



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 to take the profound practice of “Yoga” as profession.

Aditya is deeply inspired by the words – “Health is wealth, peace of mind is happiness, yoga shows the way” – as stated by Swami Vishnudevananda! He lived in the Sivananda Yoga Dhanwantari Ashram, Kerala – India for a year where he served as Karma Yogi, dedicating his time for intense sadhana (self-practice) learning the philosophy and teaching yoga.

Aditya is a 600 hours certified yoga teacher titled with ‘Yoga Acharya’ from Sivananda Yoga Dhanwantari Ashram, India. He is specialized in Hatha & Ying yoga focusing on holistic approach to our whole system of body, mind and soul. He enjoys inspiring others to improve their state of wellness and to commit themselves to long term health and well-being.

Aditya is a freelance teacher, he leads classes, workshops and retreats in India, Sri Lanka and in Europe. Aditya loves to delve into yoga as a holistic way of life. With Aditya you will experience the true yoga. His holistic approach allows you to get in touch with yourself which you have lost in the modern busy and demanding lifestyle.

Follow Aditya Facebook: www.facebook.com/yogawithaditya | Instagram @Yogawithaditya

Retreat Location:

Azienda Agricola Le Case Residenza di Campagna s.s.
Via Santa Maria di Lignano, 42
Vocabolo Santa Maria di Lignano – 06081 – Assisi, Italy
<http://www.lecase.biz/>

Retreat Cost:

Activities (to be paid to the retreat teacher in cash at the time of arrival): EURO 400

Accommodation (Bookings to be done directly to the hotel before March 31, 2020):

*Prices for Half Board Stay (Breakfast and Dinner):

Double Room per Person: 60 euro

Triple room per Person: 50 euro

Double room for single use per Person: 95 Euro

For queries, please contact Aditya Email: ARUNISB@GMAIL.COM | WhatsApp: +91 9866003823