

NEWS LETTER 13/01/24

ENGLISH TEXT

Happy 2025 to all!

"From the Unreal lead me to the Real

from the darkness lead me to the Light

from Death to Immortality..."

(Shanti Path the ancient Vedic Song of Peace)

With the spiritual Energy of this wonderful Prayer that we have sung many times during the New Year's Retreat in the Casentinesi Forests.

We are pleased to present our

YOGA RETREATS 2025

Book now

A year of changes and growth

to continue walking together but with the desire to offer something more.

This New Year will begin with the Great Beauty of

ROME OF THE GARDENS AND NATURAL SPAS

Spring Yoga Retreats

Easter and the Long Weekends of April 25th and May 1st

and then the great News of the Summer!

The long-awaited big News will be for the June 2nd Long Weekend

the opening of the doors of:

"VILLA AMRITA JANANI"

Our Farmhouse and Estate between Gubbio and Assisi

immersed in the woods of the Monte Cucco Regional Park between Nature and Spirituality,

where we will be happy to host you during the Year and offer everyone the best of our

"Yoga & Lifestyle Retreats"

The Calendar is coming soon

## DATES AND PROGRAMS JUNE AND AUGUST

to celebrate the 1st year of

### VILLA AMRITA JANANI

June and July weeks

### GREECE "MELTEMI"

in the wonderful islands of Zakynthos and Kefalonia in the nearby Ionian

and further east in the Dodecanese, the islands of Leros, Lipsi and Patmos

And in September we return to

### ISCHIA

### YOGA HOLIDAYS AND NATURAL WELLBEING

in the beauty of the Hermitage of Montevergine

to be warmed up a little by the last rays of sun and

by the warm waters of this magical Island.

But all this will be communicated to you shortly in the next few days with the dedicated Newsletters.

We look forward to seeing you in this special New Year.

INFORMATION

ROME

of the Gardens and Natural Spas

"Awakening"

SPRING RETREATS

April 18 - May 4

EASTER

& Long weekends of April 25 and May 1

short/long program

BOOKINGS BY MARCH 5

## INFORMATION

We are pleased to invite you to spend together

Spring Days

meeting in the Yoga and Meditation of tradition as tools for

Awakening of Awareness

Guests in an elegant and charming Villa at the gates of the Eternal City,

to welcome this wonderful and symbolic season.

Book now

"AWAKENING"

is synonymous with Rebirth Blossoming Resurrection Renewal Return

A themed Yoga Path that will offer you moments of

Theory and Philosophy of Yoga, Reflections and Spirituality

Practices of Hata Yoga asana and Pranayama purifying and energizing

Meditations

but also walks and excursions to discover wonderful places  
to admire Nature in all its Beauty and Enchantment  
of the Natural Spas and Spring Gardens  
and obviously  
carefreeness, rest, good food,  
Joy and Spring Euphoria.

"New Year's Gift!"

OFFER BOOKINGS BY 2/14/25

FOR ALL RETREATS 2025

Book now

INFO AND RESERVATIONS:

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Book now

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YOGA RETREATS 2024-25

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YOGA RETREATS

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