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"CRHISTMAS GIFT"

Oferta reservations by

31/12/24 ROME

of Natural Gardens & Spas

"Awakening"

SPRING RETREATS

April 18-May 4

EASTER

& April 25 & May 1 Bridges

Guests in an elegant and charming private villa nestled in the Veio Park Nature Reserve
at the gates of the Eternal City

reservations by march 5 OFFER

"CHRISTMAS GIFT"

reservations by december 31

INFO AND RESERVATIONS

"From the Unreal lead me to the

Real from the Dark lead me to

the Light from Death to

Immortality..."

(Shanti Path the ancient Vedic Chant of Peace)

Awakening is synonymous with

Rebirth Rebirth Resurrection Renewal Return

We are pleased to invite you to spend Spring Days

together.

meeting in the Yoga and Meditation of tradition as tools of Awakening

Awareness

wrapped

From the Deep Spirituality of Holy Easter

Breathing in the vibrant Energy of Life in every atom of the Universe

with a gaze filled with wonder like the eyes of a child

Welcoming the simple gladness that comes from the awareness of each moment

and the Mystery of that Love that moves the world and gives itself freely to us

What are we going to do?

A themed Yoga Path that will offer you moments of

Yoga Theory and Philosophy, Reflections and

Spirituality

Practices of Hata Yoga asanas and Pranayama purifying and energizing

Meditations

but also.

walks and hikes to discover wonderful places to admire

Nature in all its Beauty and Enchantment of Natural Spas

and Spring Gardens

and of course

Lightheartedness, rest, good food,

Cheerfulness and Spring Euphoria

A PATH OPEN TO ALL WHO WANT TO "AWAKEN" ...

OUR RESIDENCE

Villa Desiderio

www.villadesiderioroma.com

An elegant private country-chic villa on the outskirts of

Rome nestled in the Veio Natural Park

The Park is a vast natural and historical oasis on the outskirts of Rome that offers a perfect blend of archaeology, landscape and spirituality.

The beating heart of the park is the ancient Etruscan city of

Veio an archaeological site of extraordinary

importance.

The ruins surrounded by greenery create a fascinating contrast between nature and culture

lush vegetation, crystal-clear waterways and breathtaking scenery.

One element that makes Veio Park unique is the passage of the Via Francigena, 's ancient Pilgrims' Way to Rome, adding a spiritual and historical dimension to the experience.

GARDENS OF ROME

Magical places where you can stroll away from the chaos and enjoy the spectacle represented by the extraordinary variety of the plant world that is preserved here.

We chose 3 gardens:

The Botanical Garden and the Japanese Garden.

In the heart of the city, between the Janiculum and Trastevere

located in the park of Villa Corsini, once the residence of Christina of Sweden, the Botanical Garden, one of the largest in Italy,

The current Botanical Garden of Rome covers 12 hectares and preserves naturalistic varieties from around the world

and in Spring, you cannot miss Hanami, the wonderful blossoming of cherry trees in the Japanese Garden.

The Botanical Garden of Rome is an integral part of the Department of Plant Biology at Sapienza University of Rome.

The Garden of Oranges

on Aventine Hill the trees that give it its name were planted in memory of St. Dominic, who *founded* the convent here in the 13th century: the orange tree at which the saint preached is preserved in the nearby cloister of Santa Sabina

Leaving the Orange Garden, one comes to the Knights of Malta Square,

from the lock of the gateway leading into the Villa of the Priory of the Sovereign Order of Malta, you *can* see the Dome of St. Peter framed by the hedges of the gardens.

The Municipal Rose Garden

An extraordinary spectacle of scents and colors with magnificent views from the Palatine Hill to the bell tower of Santa Maria in Cosmedin, the dome of the Synagogue and the Vittoriano, and the Monte Mario Observatory.

The Rose Garden is developed on the slopes of the Aventine Hill, just above the Circus Maximus, in a place

dedicated to flowers as far back as the 3rd century BC. Tacitus, in the *Annales*, speaks of a temple dedicated to the goddess Flora, whose celebrations, the "floralia," were held in the spring in the Circus Maximus.

Covered with vegetable gardens and vineyards until throughout the 16th century, in 1645 it became the Garden of the Jews, with a small cemetery attached for the use of the Jewish community.

The Rose Garden is home to about 1,100 species of roses from all over the world, even from China and Mongolia.

In the larger area is the collection of botanical roses, both ancient and modern.

NATURAL SPAS

PEOPLE'S BATHS

www.termedeipapi.it

the monumental pool of the ancient popes

BULLICAME BATHS (free)

Ancient springs, also mentioned by Dante in the Divine Comedy

CARACALLA

One of the 7 wonders of ancient Rome where the Baths were also a meeting place of study and new projects

Come, Spring, come and reveal the beauty of the
flower hidden in the tender and delicate bud.
Drop the notes that will bear fruit,
And carefully pass your golden brush from leaf to leaf.

Rabindranath Tagore

"AWAKENING"

PROGRAM

A Themed Yoga Program

EASTER

April 18-21/22

Resurrection

Anahata Chakra seat of Universal Love

18/4 Good Friday

0h 2 p.m. arrival and settling in rooms

17 Welcome Spring Herbal Tea

18.00 Program Presentation

6:30-8 p.m. Practice: Hata Yoga & Meditation

8:30 p.m. Good Friday light dinner 22

Silence and rest

Saturday

7-9 Practice Hata Yoga asanas and pranayama purifying and

energizing 9-10 breakfast

11-16 Gardens of Rome: the Municipal Rose

Garden free time/free lunch

18-20 Evening Yoga: Asanas and Pranayama

Meditations

8:30 p.m. Dinner

22 Rest

Sunday Easter

7-9 Hata Yoga asanas and pranayama purifying and energizing Easter

meditation

9-10 Easter breakfast

leisure, Nature walks, rest 13-14 Easter

picnic

17 Spring Herbal Teas

18-20 Evening yoga

asanas and

pranayama

Easter Reflections & Meditation

8:30 p.m. Easter

Dinner Rest

Monday Easter Monday

7-9 Morning yoga: purifying and energizing asanas and pranayama

9-10 Easter breakfast

11 -16 excursion to hot springs, free time,

free lunch

17 Spring Herbal Teas

18-20 Evening Yoga

asanas and

pranayama Reflections

& Meditations

8:30 p.m.

Dinner

Rest

April 22 - 23

BASIC PROGRAM AS IN PREVIOUS DAYS

FREE EXCURSIONS/ROME/TERME DI CARACALLA

one of the 7 wonders of ancient Rome

When the Spa was also a meeting place for reflections and projects

April 25 BRIDGE

April 24-27 rebirth

flourish

Prana the energy in constant motion

April 24

0h 2 p.m. arrival and settling in rooms

17 Welcome Spring Herbal Tea

18.00 Program Presentation

6:30-8 p.m. Practice: Hata Yoga & Meditation

8:30 p.m. Spring Dinner

22 Silence and rest

April 25

7-9 Practice Hata Yoga asanas and pranayama purifying and energizing 9-10 breakfast

11-16 Gardens of Rome:

Botanical Garden and cherry blossom blossom at Japanese

Garden free lunch

Spring Herbal Teas

18-20 Evening Yoga: Asanas and Pranayama

Meditations

8:30 p.m. Dinner

22 Rest

April 26

7-9 Practice Hata Yoga asanas and pranayama purifying and energizing
9-10 breakfast

11-16 excursion to hot springs/free lunch
time

Spring Herbal Teas

18-20 Evening Yoga: Asanas and Pranayama

Meditations

8:30 p.m. Dinner

22 Rest

April 27

7-9 Morning yoga: purifying and energizing asanas and pranayama

9-10 Breakfast

11 -16 Nature walks, relaxation ,leisure time, free lunch

17 Spring Herbal Teas

18-20 Evening Yoga

asanas and

pranayama Reflections

& Meditations

8:30 p.m.

Dinner

Rest

April 27-May 1

basic program as in previous days FREE

EXCURSIONS/CARACALLA/ROME

MAY 1 BRIDGE May

1-4 renewal and return

AWARENESS.

MAY 1.

A day of celebration and rest

7-9 Hata Yoga asanas and pranayama purifying and energizing

Meditations

9-10 May 1 breakfast

Free time, Nature walks, rest 13 May 1

festive lunch in the garden 18-20 Asanas

and Pranayama

Yoga Nidra Blissful Relaxation

8:30 p.m. May 1 dinner under the stars Relax

and rest

May 2

PROGRAM AS PREVIOUS DAYS

Gardens of Rome: the Orange Garden

May 3

PROGRAM AS PREVIOUS DAYS

Free spas

May 4

7-9 Hata Yoga asanas and pranayama purifying and energizing

Meditations

9-10 breakfast

10-12

Conclusion of the Program &

Presentation New Pathways and Seminars Rome 2025/26

COSTS

per person

3 nights/4 days

SINGLE ROOM €850

DOUBLE ROOM €690

TRIPLE ROOM €650

QUADRUPLE ROOM €590

4 nights/5 days

SINGLE ROOM €890

DOUBLE ROOM €750

TRIPLE ROOM €690 QUAD

ROOM €650

week

SINGLE ROOM €1390

DOUBLE ROOM €890

TRIPLE ROOM €790 QUAD

ROOM €750

LONG PERIOD.

costs to be formulated based on dates requested

PROGRAM WITHOUT OVERNIGHT STAY

WITH MEALS INCLUDED

EASTER/BRIDGE APRIL 25/MAY 1

€590

COSTS INCLUDE:

STAY, YOGA PROGRAM AND MEDITATIONS, BREAKFASTS AND DINNERS AND

SPECIAL MENUS EASTER PICNIC LUNCH, MAY 1 LUNCH AND APERICENA ROOM CLEANING:

SHORT STAY (UP TO 5 NIGHTS): 1 TOWEL/BATHROOM CHANGE AND QUICK CLEAN-UP

LONG STAY (MINIMUM 6 NIGHTS) 1 COMPLETE LINEN CHANGE AND ROOM CLEANING

CSEN 2025 MEMBERSHIP CARD.

TAX.

1 ARRIVAL/DEPARTURE TRANSFER TO BE ARRANGED IN COMMON SCHEDULE

COSTS EXCLUDE:

TRANSFERS TO BE ARRANGED ON COMMON CAB

SCHEDULE AT DIFFERENT

TIMES/DAYS/EXCURSIONS

EXTRA CLEANING AND CHANGE OF CLOTHING (OPTIONAL-COST €20 per time-cleaning and change

extra linens should be requested at the time of booking). GARDENS AND

SPA ENTRANCES

FREE EXCURSIONS AND VISITS MUSEUMS CHURCHES ETC.

"...May all Beings dwell in Peace may all beings

realize their Self may all beings achieve wholeness

may all beings have good fortune may all beings

dwell in prosperity..." (Shanti Path ancient Vedic

Chant of Peace)

To participate in the Residential Yoga Programs you must :

fill out the appropriate registration form at our Yoga School

Amateur Sports Association and Social and Cultural Promotion Organization

CSEN affiliated

+ deposit of

€250 for weekends and short programs

€350 per week and long vacation (5 days and up)

by bank transfer

Transfer details will be sent to you at the time of booking

By sending a copy to:

francescamarchiyoga@gmail.com

Text or whatsapp to 3480806129

In case of cancellation for justified reasons, the deposit will be refunded in full with a Voucher valid for 12 months to be used for another Yoga Retreat

The balance must be paid by bank transfer

max within 30 days prior to your arrival.

We are at your disposal for any inquiries or clarifications and facilitate your reservations.

BOOK NOW

EVENT REGISTRATION FORM HOW

TO GET THERE:

BY CAR IS ALWAYS RECOMMENDED WHEN STAYING IN OUT-OF-TOWN DWELLINGS FOR MORE INDEPENDENT TRAVEL.

IF YOU ARRIVE BY CAR, FOLLOW THE NAVIGATOR'S DIRECTIONS ON GOOGLE MAPS.

IF YOU ARRIVE BY TRAIN, GET OFF AT ROMA TIBURTINA

AND WAIT FOR OUR TRANSFER WHICH WILL BE ACTIVATED IN COMMON TIME.

IF YOU WANT TO ARRIVE INDEPENDENTLY IT IS POSSIBLE TO ARRANGE A PRIVATE

TRANSFER THE VILLA IS ABOUT 25 MINUTES FROM THE STATION.

The villa can be reached by transportation, we have the little train that connects Prima Porta to Piazzale Flaminio (Piazza del Popolo) in 18 minutes and a bus 033 that arrives in the vicinity of the Villa (stop santa Cornelia).

For those arriving from Fiumicino, we have train that connects the airport to Termini station and from there metro to piazzale Flaminio.

Or alternatively take a cab from Prima Porta (the 6-person van costs €28) Francesca Marchi
Yoga School

Ancona

registered office

Yoga School Diaz Square 5

Loreto Via San Francesco 15

Rome Parioli Via Caroncini 53

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