



## *Vinyasa Yoga Flow Summer Retreat in Tuscany + Certification 20 hours*

JULY from 17 to 24, 2022

Workshop : Vinyasa Yoga Flow with Janine Claudia Nizza ERYT 500 Plus

At "Il Risveglio" Meditation Center (GR)



### *Description:*

A study holiday that allows detox and development of Yoga Flow, for all levels of practitioners: each day's practice will be approached with themes, modalities, and tools (including spiritual drawing and dance) aimed at improving elasticity, concentration, alignment and coordination of mind and body.

An opportunity to deepen the knowledge of Vinyasa Flow, Pranayama, Meditation, Mantra through many practical and theoretical full immersions.

In seven days it will be possible to restore balance and energy to all the "Bodies" that constitute us: from the physical to the most subtle. It will also be possible to enjoy free time in the beautiful surrounding nature, rich in plants and beneficial waters that the center where the workshop takes place, offers generous all around us.

Do not miss this annual appointment with yourself: your body and mind will thank you by restoring serenity and widespread well-being, stimulating those changes in a gentle way, which improve life in the "here and now" by charging the future with good!



PROGRAMME

**Sunday, July 17**

Arrival from 4 p.m. at the facility and settling into the rooms with welcome herbal tea

6:30 p.m. ( 30 minutes ) Welcome circle in Shala with Janine: introductions among participants and short session of Yoga Soft Flow, to stretch and relax the body after the journey.

7:30 p.m. organic dinner

9 p.m. ( 30 minutes ) Circle of readings from the books of Paramahansa Yogananda

**Monday, July 18**

7:30 a.m. (50 minutes) Kumbhaka Pranayama. Chandra Namaskara A/B.Finals with easy inversions.

8:30 a.m. organic breakfast

10.30 a.m. (50 minutes) Reading circle from Patanjali's Yoga Sutras : Yama and Niyama

12:30 p.m. organic lunch

4 p.m. (50 minutes) practice of Self-Massage Techniques to prevent and treat minor aches and pains and tension in the body

7:30 p.m. organic dinner

9 p.m. (30 minutes) Devotional Dance, serene music with free movements inspired by the concept of "Flow."

**Tuesday, July 19**

7:30 a.m. (50 minutes) Ujjayi Pranayama, Surya Namaskara A/B with special focus on Patanjali's VinyasaYoga Parameters

8:30 a.m. organic breakfast

10:30 a.m. (50 minutes) Reading circle from Patanjali's Yoga Sutras : Pranayama and Pratyahara

12:30 p.m. organic lunch

4 p.m. (50 minutes) Asanas in the water, practice of easy alignment/anti-gravity exercises in the pool

7:30 p.m. organic dinner

9 p.m. (20 minutes) Diamond meditation, Mantra.





**Wednesday, July 20**

7:30 a.m. Chandra Krama Vinyasa (75 minutes) a yogic routine of "poses & counterposes" based on energy without the "force" of intuitive energy currents and of letting the silvery Prana flow ,refreshing "anti-inflammatory "of the Moon  
9 a.m. organic breakfast  
11 a.m. (40 minutes) Reading circle from Patanjali's Yoga Sutras : Asana  
12.30 pm organic lunch  
4 p.m. (40 minutes) practice Restorative Asana in Janine's Yoga Flow method  
7:30 p.m. organic dinner  
9 p.m. (20 minutes) Guided Zen meditative walk in the park

**Thursday, July 21**

7:30 a.m. Vinyasa Yoga Flow (70 minutes) Janine's original sequence to increase Ileoasoas elasticity and balance "Stretch your Soul "; published by [www.yogapills.it](http://www.yogapills.it)  
9 a.m. organic breakfast  
4 p.m. Vinyasa Yoga Flow (70 minutes) Original sequence by Janine to awaken Kundalini energy through " the Flow of Shakti "; published by [www.yoga-magazine.it](http://www.yoga-magazine.it)  
7:30 p.m. organic dinner  
9 p.m. (20 minutes) Circle of readings from Osho's books and Nadi Shodhana Pranayama

**Friday, July 22**

7:30 a.m. Chakra Flow (50 minutes) from Muladhara to Manipura, a step-by-step path toward breathing and postures that promote the unblocking of energy channels, recharging them.  
8:30 a.m. organic breakfast  
10:30 a.m. (40 minutes) Reading circle from Patanjali's Yoga Sutras: Dharana and Dhyana  
12:30 p.m. organic lunch  
4 p.m. Chakra Flow (50 minutes) from Anahata to Ajna, a step-by-step path toward breathing and postures that promote the unblocking of energy channels, recharging them.  
7:30 p.m. Organic dinner  
9 p.m. Chakra Flow (20 minutes) Meditation in Sahasrara





## Saturday, July 23

7:30 a.m. organic breakfast

9 a.m. (120 minutes) Yoga Flow class on YOGA & NATURE led by Janine yoga and art/painting teacher [www.theartclassonline.com](http://www.theartclassonline.com) ; followed by nature dialogue with Aipan nature artist Concetta Flore [www.concettaflore.blogspot.com](http://www.concettaflore.blogspot.com) .

Publications and small works by the teachers will be on display , with the possibility to purchase them.

12:30 p.m. organic lunch

3 p.m. (70 minutes) Workshop with Janine: " Make your own Mandala," bring with you blank sheets of paper colored pencils, markers, old newspapers, cloth, glue and scissors to make together the mandala that will accompany you in the new year!

5 pm (70 minutes) workshop with Concetta: " Draw the Tree of the Heart" bring with you white sheets ,colored pencils, markers, glue and scissors to make your favorite tree together!

7:30 p.m. organic dinner

9 pm (30 minutes) Flow Dance: bring drawings and mandalas to shala to charge them with joy in free ,propitiatory , and fun dance/movement!

## Sunday, July 24

7:30 a.m. (60 minutes) Egyptian Mantra Vinyasa, Janine's original sequence with asana and mantra to wish prosperity and abundance with voice and body, published by [www.yoga-magazine.it](http://www.yoga-magazine.it)

9 a.m. organic breakfast

10:00 a.m. letting rooms free

10:30 a.m. (30 minutes) Circle reading from Patanjali's Yoga Sutras : Samadhi and Handing out of Certificates

free time

12.30 organic lunch with photos and greetings!

*Departure from the Center by 3:30 p.m.*

Each participant is free to attend as many meetings as he/she wishes, obtaining a Certificate at the end of the week with the actual hours of attendance.

### **Included in the price are:**

Vinyasa Yoga Flow classes/Certification of Practice in Presence,Accommodation in Double Rooms/3 daily meals +snack of herbal tea and fruit in the afternoon (the cuisine is vegetarian and organic and follows the seasonality of the period)/ Use of the Pool / Surrounding green spaces ( with about 40 acres between forest and hills where you can walk)/ Yoga mats to use in the indoor Shala (it is recommended to bring your own as well)/Very good and drinkable water in each room

**Not included:** Coffee and drinks/transfers by bus or cab to visit surroundings ,(contact Grifo Tour and Taxi Grosseto ),City Tax of 1 euro per person each day.





## RESERVATIONS

**For Fao Staff Coop members we offer a special 6% discount to apply on the prices below, subject to availability of 19 places in the facility by July 16** by paying 30% of the chosen stay cost to the facility

Please specify in the reason for payment: Deposit for Stay.....from...to..... Name and Surname.....

send bank transfer to: Agriturismo il Risveglio

Bank: Credit Agricole IBAN IT 65 A062301 4300000040538782

**Balance of the Stay upon arrival at the Agriturismo facility in:** cash/credit card/debit card

**Balance of Vinyasa Yoga Flow Workshop + Certificate** upon arrival at the facility to Janine

## STAY OPTIONS:

It is possible to book a single room by charging 20% more on the rates listed below.

### Stay A from Sunday to Sunday:

**Certificate 20 hours** of Practice in Presence+Stay and Workshop Vinyasa Yoga Flow : valid for TTC Vinyasa Yoga Flow 250 RYT Plus Online 2022/23 with teacher Janine Claudia Nizza & Hara Benessere Centro di Formazione, Roma, all included in the price of 800 € per person

### Stay B from Sunday to Sunday

**Certificate of Participation** + Stay with option to participate in all evenings Meditations, Pranayama and Dances, all included in the price: 700 € per person

## LONG WEEKEND:

### Stay C only 5 days

**Certificate 15 hours** of Practice in Presence+ stay and Vinyasa Yoga Flow Workshop : valid for TTC Vinyasa Yoga Flow 250 RYT Plus Online 2022/23 training with teacher Janine Claudia Nizza & Hara Benessere Centro di Formazione, Roma

all included in the price of 650 € per person

### Stay D only 5 days

**Certificate of Participation** + Stay with option to participate in all evenings Meditations, Pranayama and Dances, all included in the price: 575 € per person

**Info:** Janine: 338 5653872

email: [info@yogaflow.it](mailto:info@yogaflow.it)

website: [www.yogaflow.it](http://www.yogaflow.it)

## A reminder:

During the week of the retreat the Center will host only our Yoga group, to guarantee our activity in complete privacy and tranquility

Saturnia Spa is a 30-minute drive away and is free of charge.

Principina a Mare is a beautiful beach adjacent to the Uccellina Park, a 30-minute drive away.

To find out the geographical location of the Meditation Center where the stay will be held, click on the following link: <https://maps.app.goo.gl/J7cyFjaUMTUHE1hH9>

Centro Meditazione Il Risveglio: [www.centroilrisveglio.it/it/](http://www.centroilrisveglio.it/it/)

*Om Shanti Namasté, we are waiting for you!*



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