

# WORKSHOP ASHTANGA YOGA RETREATS IN TOSCANY (Italy)

April 30 to May 9, 2024

Ashtanga Yoga immersion in a beautifully restored Podere located between Florence and Siena in Tuscany.

**The Place** : A retreat to deepen your Ashtanga Yoga practice in the heart of the beautiful Tuscan countryside with full board. Podere La Valle is a luxurious haven of peace designed for wellness and health: beautiful pool, indoor Spa, excellent accommodation. Anji, a skilled cook and ashtanga practitioner, is good humor in person. She creatively uses local products to offer us healthy food with a clear vegetarian tendency.

The domain includes 153 hectares and 5 beautiful walks of different lengths are signposted. Jérôme will also be happy to explain the distillation process of the aromatic and medicinal plants as well as his line of organic cosmetics.

Not far from two cities full of history, Firenze and Siena, but also from the beautiful towns of Volterra or San Gimignano.

**The Ashtanga yoga** : It is a wonderful and very fine method of dynamic yoga originating from South India. By synchronizing postural control and breathing rhythm with dynamic movements, it provides the practitioner with harmony and intelligence in the development of his physical, psychic and spiritual strengths.

This retreat aims to help each participant to understand and perceive the path that will allow him/her to develop and increase his/her bodily possibilities while respecting oneself.

To feel in one's body the beauty of the asanas, the quality of "letting go", and to find in this postural melody, the door towards meditation.

Open to all except yoga beginners. A little knowledge of Ashtanga is required.

## **Program**

Participants arrive in the morning.

### **Day 1 :**

Arrival at the Podere

Installation, pool, spa, walk, nap...

16h30 - 18h30 : Ashtanga practice 1<sup>st</sup> series

Relaxation

Dinner.

Day 2 to 9 :

7:30 am - 1/2 hour pranayama at the beginning of the day followed by 2h30 of Ashtanga practice.

10h45/11h - Brunch

Pool, Spa, walk, ...

15h45 - Snack

5:30 pm - A 1h30 session at the end of the afternoon: deepening of certain asana, flexibility of the hips, reversed postures, theory, questions/answers

7:45pm - Dinner

Day 10 :

Departure in the morning

### **Additional activities**

- **Castello di Ama:** During the stay, one afternoon will be dedicated to a visit organized in collaboration with the wonderful Lorenza, owner of one of the most beautiful vineyards in Chianti. She will show us the work of the vineyard and her magnificent "gallery" dedicated to contemporary art. Each work of art blends in with the different places of the estate and the work of the vineyard.

"Castello di Ama per l'arte contemporanea". A beautiful meeting and a privilege.

- **San Gimignano:** possibility to organize a visit to this city of 13 towers. At one time there were 75 of them !

An afternoon OFF.

The program is subject to change according to the wishes of the participants.

### **Massages**

At previous retreats, we have all enjoyed wonderful massages with good essential oils produced on our Podere

### **Watsu treatments available**

In addition to his many activities, Jérôme is a certified watsu practitioner (International School of Watsu). A contraction of the words Water and Shiatsu, Watsu is an aquatic massage technique practiced in water ideally heated to 34°.

**Projection** yoga or other films on the big screen. Your contributions are welcome. I will bring "Breath of the Gods" which helps to understand the origins of Ashtanga, "Yogananda", the diary of a yogi and a practice by Davis Swenson..

## **Transportation**

Return flight to Florence or Pisa airport. Travel by train is also possible.

Transfer to the Podere either by cab or by train to the Poggibonsi or Castellina in Chianti stations. The connection by train is the most economical way since the energy costs are high. Large parking lot if you come by car.

## **Conditions**

Prices for the double room retreat are all inclusive except for flights, shuttles, massages and wine.

Accommodation is luxurious and comes in several apartments with small kitchens and beautiful living rooms for one or two spacious rooms with separate beds (or joined for couples) and private bathrooms. Bath towels, pool towels and bathrobes for the spa are provided. Washing machine available. Free Wifi in the whole domain.

**From 21 to 30/09 2023, departure on the 10th day : 1.449 €.**

## **Paielement :**

**A first deposit of 459 €** corresponding to the amount of the accommodation part is required at registration to secure your place. There are only 14 places + 1 possible place for a yogini in financial difficulty (contact me).

Here are the bank details for this deposit:

Fontelavalle-Belgio sprl

125 rue Marconi 1190

IBAN: BE30 3631 5927 1111

Be sure to include your full name plus "yoga retreat September 2023".

**A payment of 540€** corresponding to the amount of the complete yoga course will be made on Anjali's account at your convenience by September 1st.

Here are the bank details :

IBAN BE28 0018 3592 1020

BIC GEBABEBB

Mettez bien en communication votre nom complet plus « retraite de yoga septembre 2023 »

**The remaining amount of 450€** corresponding to the food item will be paid in cash on the spot.

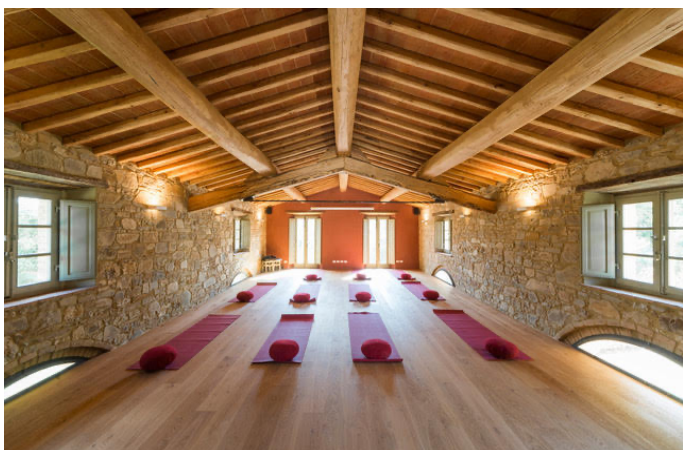
In case of impossibility of your part after registration, there will be no refund of the deposit but you can give your place to a third person that you know after having informed the organizers.

In case of cancellation by the organizers, the deposit will be fully refunded.



For all requests and information:

Sergine Laloux : +32 476 534 112 – [sergine.laloux@gmail.com](mailto:sergine.laloux@gmail.com)







## Testimonials:

*"Dear Sergine, Thank you for your luminous presence, your support and these moments rich with so much wisdom. And again and again, thank you from the bottom of my heart for what you make us discover! It is precious."*

*Sara and Alex*

*"These were the first two retreats I attended as a student and I found my best teachings with Sergine who accompanied each of us at our own pace throughout the stay. A breathtaking visit to the Castello di Ama, a warm atmosphere, caring people, quality practices and a peaceful and beautiful place. I will sign up with my eyes closed for all his future retreats."*

*Victoria*

*"Sergine, I wanted to let you know how important our meeting was for me. I am infinitely grateful to have had you as a teacher to help me evolve in my practice on and off the mat. I loved sharing and learning with you during your classes, where you helped me to go further but above all to adopt the adequate alignments to be able to achieve this while respecting my body.*

*Your kindness, your dynamism and your grace were for me a great help when I arrived in Brussels where I moved to join my boyfriend, who is now my husband.*

*At that time Ashtanga was my only common point with my old life in the Vosges and you were a great help to anchor me in Brussels, to keep my head on my shoulders and to live the present moment.*

*I thank you for everything: your courses, your kindness and your overflowing and especially communicative energy.*

*These few words, far from coming from a vulgar email chain, come simply and spontaneously from my heart, to show you my gratitude.*

*My daily practice of yoga, probably leads me to be more intuitive, at least I hope so.*

*Keep going and don't change a thing, your passion and dedication to your students is a real joy to see, even from afar.*

*Caroline - gratitude email*