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Rosewood Castiglione del Bosco to host restorative Forest Bathing and Anusara® Yoga retreat in Spring 2020

December 19, 2019

Rosewood Castiglione del Bosco, the idyllic Tuscan resort that exudes Italian heritage and natural beauty, will host an inaugural Forest Bathing and Anusara® Yoga Retreat from April 16–19, 2020. Guests will retreat to the hills of Tuscany for four days of immersive Forest Bathing and transformative yoga led by certified experts. As spring envelops the countryside, participants will experience deeply restorative Forest Bathing sessions within the estate's pristine woodlands. These mindful walks amongst the ancient trees will be complemented by Anusara® Yoga sessions to enhance physical and mental rejuvenation.

Offering long-lasting health benefits, Forest Bathing draws on the healing powers of nature to rebalance the mind and body. In Italy, the Mediterranean forests are particularly effective in stimulating the immune system and reducing stress levels. Throughout the four-day program, Italian bio researcher and Forest Bathing expert Marco Nieri will lead slow, meditative walks amongst the enchanting woods of the estate to reduce stress, alleviate depression, lower blood pressure and heart rate and boost the body's immune system. During Forest Bathing, guests may also reap the benefits of powerful volatile substances called monoterpenes which are often released by the trees. This profound connection with nature can promote happiness, unleash creative thinking and enhance spirituality.

Part of the experience is also another remarkable activity for guests of Rosewood Castiglione del Bosco's Forest Bathing and Anusara® Yoga Retreat. Beginning with a bioenergetic seminar at a sacred historical site in nature within the estate, participants will learn how ancient knowledge helped determine ideal locations for these iconic establishments. Afterwards, the therapeutic powers of green spaces and tree hugging will be considered, measuring their effect on human body during a stroll through the Tuscan hills and woodlands.

Retreat guests will have several opportunities to learn and practice Anusara® Yoga, a modern form of Hatha yoga that emphasizes alignment for improved strength, flexibility and balance. Through community, movement, meditation, breathwork and Tantric philosophy, the spiritual practice aligns the mind, body and heart, allowing a deeper connection to one's inner self. Italian Certified Anusara® yoga instructor Alessandra Pergreffi will guide participants through this transformative

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*Rates start at EURO 1,930 per suite per night inclusive of VAT and daily breakfast.*

## MEDIA CONTACT

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