

FROM 4 TO 7 JULY

Yoga Retreat & Forest Bathing

with

Alessandra Pergreffi &
Marco Nieri

In collaboration with Nature Trail Italia



Live the silence

AN EXPERIENCE OF YOGA AND NATURE

From Thursday 4 to Sunday 7 July, we will spend 3 days in a place of peace, devoting ourselves to practices for our well-being



Where

EREMITO

Enjoy an ideal place to relax, rest and concentrate in creative activities or meditation is the rarest luxury in our contemporary society.

Returned to the light according to the authentic dictates of the ancient Medieval Hermitages, Eremito is the ideal place for those who see in the essentials, in calm and in the true quiet, the keys to rediscover inner peace.

The majesty of the Umbrian valleys in which it is immersed amplifies the sense of spirituality, up to enchant eyes and soul.

Today, as in past centuries, the Hermit keeps intact the austere essentiality of ancient hermitages, where time seems to have stopped.

All the raw materials and the main ingredients used in the kitchen for the preparation of our recipes are a guarantee of quality and genuineness.

Dinner is consumed in silence.

THE PROGRAM

THURSDAY 4 JULY

14.30 REGISTRATION AND
RECEPTION

18.00-19.30 Hatha Yoga
with Alessandra

20.30 Dinner



FRIDAY 5 JULY

8.30 - 9.30 Breakfast

11.15 - 12.45 Hatha Yoga
with Alessandra

Lunch

15.30 - 17.30 Forest
Bathing. The beneficial
power of monoterpenes
with Marco

19.00 - 19.30 Meditation
with Alessandra

Dinner

SATURDAY 6 JULY

8.30 - 9.30 Breakfast

10.45 - 12.45 Hatha Yoga
with Alessandra

Lunch

15.30 - 17.30 the energy of
trees for our well-being
with Marco

19.00 - 19.30 Meditation
with Alessandra

Dinner

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SUNDAY 7 JULY

8.30 - 9.30 Breakfast

11.15 - 12.45 Hatha Yoga
with Alessandra

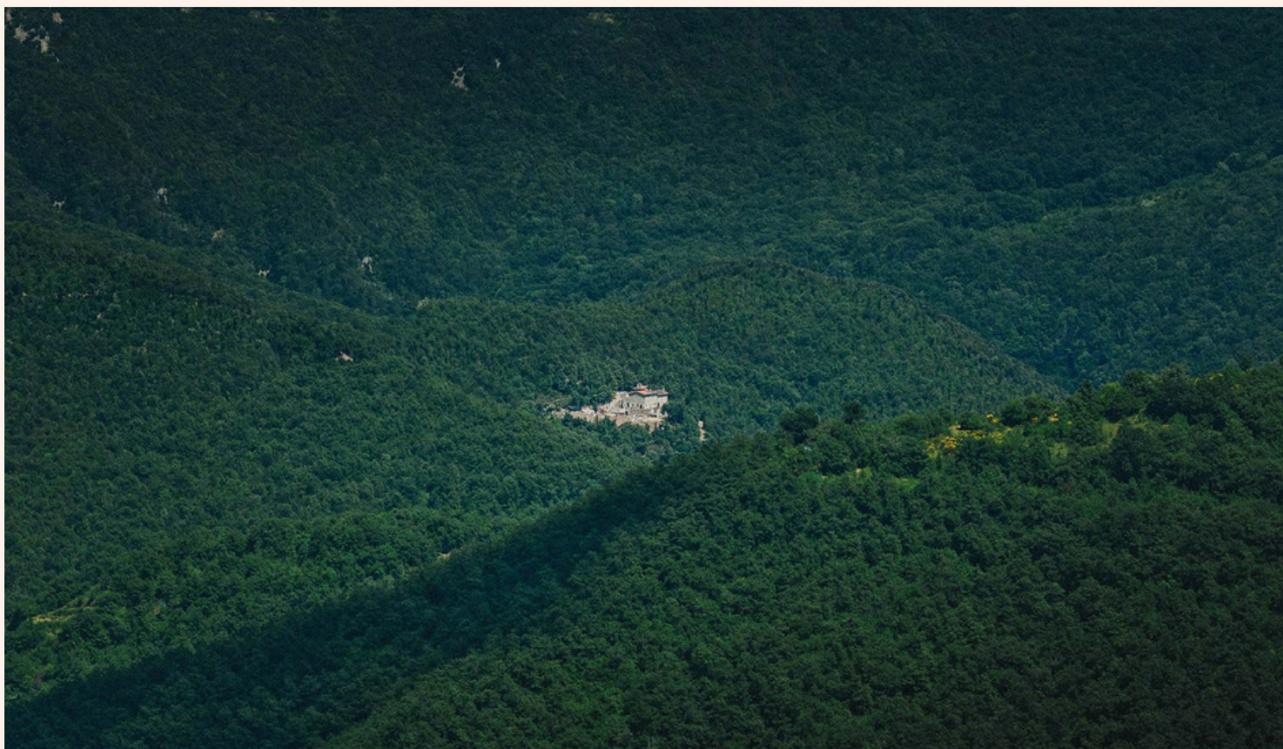
Lunch
and

DEPARTURE



ALESSANDRA PERGREFFI

will guide you through sessions of Anusara yoga which will include Asana, Pranayama and Meditation ..



MARCO NIERI

will guide you through the woods to experience the beneficial energies of the trees and breathe volatile substances capable of reinforce our immune system and reducing psycho-physical stress

INFO: ALESSANDRA@PERGREFFI.COM - +39 346 8046907

How much

**INFO: TEL. +39 346 8046907 -
ALESSANDRA@PERGREFFI.COM**



ACCOMMODATION IN SINGLE USE CELL (CELLUZZA)

700 EURO

ACCOMODATION IN DOUBLE

580 EURO

ACCOMODATION IN TRIPLE

520 EURO

THE RATE INCLUDES

- Accommodation in a "celluzza" room with private bathroom [shower / WC]
- Breakfast, lunch, dinner (in silence).
- Vegetarian cuisine
- Herbal teas, wine and digestives of the house
- Equipped yoga room reserved
- Daily entry to the Relax / SPA area (Steam bath and heated tub with whirlpool)
- Transfer from parking to Eremito in Jeep (3.5km)
- service, VAT 10%.
- All sessions with Alessandra
- Nature Trail Italia membership card

THE RATE DOES NOT INCLUDE

The forest sessions conducted by Marco. These moments in nature are optional.
The cost of each session is 20 euros

