

Rejuvenating Yoga Retreat Umbria September 23 - 30th 2017



Stella Shakerchi and Chris Leuenberger invite you to join them in their intensive yoga retreat held in the heart of verdant Umbria, in Castel Giorgio, Italy. Enjoy relaxing yet focused daily yoga sessions that will fit your yoga needs. While on your leisure time, you can walk around the quiet wooded hills and grassy glades surrounding the estate and maybe after dinner join mantra chanting to calm your mind. You will come home not only feeling inspired but also recharged!

Teachers

Stella Shakerchi, Chris Leuenberger



Group Size

The maximum number of participants in the group is 16.

Location

The Locanda della Quercia Calante is located in the Castel Giorgio countryside (in the province of Terni), a small village 18 kilometers from Orvieto, in Umbria, on the Tuscan border. In a verdant park, the holiday farm is surrounded by quiet wooded hills and grassy glades.

It is the ideal spot for a natural vacation where you can regain your energy and wellbeing and visit Umbria, the fertile heart of Italy, with its unspoiled countryside dotted with historical villages and artistic cities. The Locanda is open all year round to let you experience the atmosphere, fragrances, colors and flavors unique to each season.

Locanda has been specially planned for Yoga seminars and workshops. The facilities include a beautiful yoga studio of 80m² with large windows overlooking a green park. The studio has a heatable oak floor and is fully equipped with stereo, mats, bolsters, belts, blocks and blankets. There is also a large yoga deck (122 m²) for outdoor activities.



Practices

During this retreat, you will have two daily yoga classes with Chris and Stella. Experience extensive sessions of Vinyasa yoga, kundalini, pranayama, restorative yoga, and celestial communication (mantras with extended mudras) in the evening. The week will follow through the chakras, so the first day will be root chakra and the last day, the crown chakra. Each class during the day will relate to that day's chakra.

Typical Day Schedule

In this retreat, you will start your day with 90 minutes Vinyasa class. After your morning yoga and relaxation session, you will have your breakfast. On some days we will give the option of having a third class (either Kundalini yoga or a dance-based class to connect to your fluid body) right before lunch. In the evening you will have another 90 minutes evening Vinyasa class with meditation or yoga Nidra.

After dinner, there will be 20 minutes of mantras with music and mudras.

Meals

In this retreat healthy yogic food with vegetarian and dietary options will be served.

The cuisine is typical of Umbria and Tuscany, based on genuine daily products, fresh and naturally grown on the Locanda della Quercia Calante farm. The wine list is also carefully inspired by natural principles: quality wines from vineyards that maintain local tradition. For more information on food, kindly send an inquiry to Stella: yogabeatuk@gmail.com

The following meals are included:

- Breakfast, Lunch, Dinner, Drinks

(If you have special dietary requirements its a good idea to communicate it to the organiser when making a reservation)

Accommodation

You will be staying at Locanda della Quercia Calante, a charming holiday farm 18 kilometers from Orvieto, in the province of Terni. It is the ideal spot for those who want a fully natural vacation, in an environmentally friendly atmosphere at a natural pace of life.

The farm house was renovated according to natural architectural principles. Locanda della Quercia Calante has 14 cozy rooms, 12 on the ground floor, each with an outdoor porch overlooking the green park.

Simple yet charming, the rooms offer all the comfort you need for an authentic natural vacation in Umbria.

They are furnished in colonial style and all have private bathrooms. The rooms can be used for single, double, triple or quadruple occupancy and are clear of magnetic fields to ensure guests the utmost relax. Locanda della

Quercia Calante uses solar energy for all holiday farm needs including an advanced climate control system.



Let us know your accommodation preference and we will do our best to accommodate you. If you are coming on your own and would like to share we will put you in a room with others of the same sex.

**please note the triple or quadruple rate is only available if we have 3 or 4 people to share the room

Cost

Quadruple Room EURO 675

Triple Room EURO 745

Double Room EURO 815

Single Room EURO 1025

What's included:

- 2-3 daily yoga classes (Vinyasa, kundalini, and restorative yoga)
- 7 nights accommodation in double, single, triple or quadruple room
- Daily yogic breakfast, lunch, and dinner
- mantra singing and celestial communication sessions after dinner
- teas, coffees, and water
- Use of all facilities
- Wi-Fi

What's not included:

- Airfares, Airport Transfers
- Alcohol
- Excursions
- Massages

Things to do (optional)

- bathe and relax in the spring water pool with energizing properties
- have a walk in the surrounding wooded hills and grassy glades
- play golf at a nine holes PAR 3 golf course 5 minutes from Locanda

There are countless tour itineraries from the holiday farm and Castel Giorgio (one kilometer away):

- discover traditional wines and other local products of Umbria, Lazio and Tuscany (mushrooms, truffles, cheese, extra virgin olive oil etc.)
- visit numerous holy sites of the mysterious Etruscan civilization, the majestic city of Orvieto, the crystal clear Lake Bolsena
- visit ancient Medieval villages like Civita di Bagnoregio, Sovana, Sorano, Pitigliano
- make a trip to one of the numerous nearby spas such as the Medici San Casciano Bagni, or romantic Bagno Vignoni

Arrival & Departure

Arrival is on Saturday afternoon, September 23rd.

Departure on Saturday, September 30th by noon-time.

Getting there

Arrival by airplane:

Please book your flight to arrive at Rome Fiumicino airport.

La Locanda can be reached by train from Rome's Termini Station (accessible by train from Rome Fiumicino airport) to Orvieto and taxi from Orvieto station to La Locanda. More details will be given on booking.

Payment and cancellation policy

To confirm you space please transfer a 50% deposit and email back the registration form. The balance is due 8 weeks before the start of the retreat (29th July 2017). Bank detail will be provided on registration.

Cancellation policy as follows:

More than 60 days before the holiday a refund will be given less a 100 Euro admin charge.

Less than 60 days before the holiday a refund (less a 100 € administration charge) will only be given if the space can be filled.