

23-26 September 2021 in Tuscany with

*Davor Ciglar*



**MOVE TO BALANCE.**

**YOGA AND AYURVEDA RETREAT.**

## Your Program.

### Thursday, 23 September

15:00 - Arrival and check in

17:30 - Opening Practice (2 h)

20:00 - Dinner

### Friday and Saturday, 24 – 25 September

08:00 - Sunrise Practice (1.5 h)

10:00 - Brunch

*Free time for rest, excursions or activities on the farm.*

18:00 - Sunset Practice (1.5 h)

20:00 - Dinner

### Sunday, 26 September

08:00 - Sunrise Practice (2 h)

10:30 - Brunch

*Check-out and departures*

*Classes will be conducted in English. Adults welcome. Min. 6 and max. 8 participants. Indoor and – weather permitting – outdoor practices.*



## Yoga and Ayurveda.

Yoga and Ayurveda are complementary practices that have been exercised for thousands of years to preserve the well-being of mind, body and spirit.

Both the Yoga and Ayurveda practices seek to build your outer and inner balance and resilience.

During the 6 sessions of this 4-day workshop Davor Ciglar will introduce you to the basic principles of Ayurveda and how they apply to the yoga practice. The aim is to personalise your experience and to adjust it to your body type as well as to the season.

The meals will be vegetarian and inspired by Ayurvedic cuisine. We will use seasonal ingredients, locally grown and produced, and – whenever available – organically certified.

Individual sessions, including a basic Ayurvedic diagnosis and massages available on request.

## Your Teacher.

Davor Ciglar was first introduced to yoga at 16 through David Lindsey's book about Hatha yoga. It was the beginning of an extensive exploration of yoga's origins and nature. Davor has a long-standing experience as yoga instructor. Since 1991 he has been practicing Transcendental Meditation (Sidhi program).

Davor works with a variety of themes, ideas and sequencing, favouring the spine's suppleness, the shoulders' strength, the hips' opening and the hamstrings' extension.

The lessons will be adapted to your level of experience and body type, and aim to make you feel strong, balanced and harmonious.

Be prepared to practice, play, learn and laugh.



*"I like to implement some Ayurveda and Vedic science themes in my teaching. During the retreat both will be presented followed by an open conversation." – Davor Ciglar*

## Your Accommodation.

**Podere Trafonti** is a recently renovated guesthouse and organic agricultural domain, nestled in a serene setting of rolling hills, fields and forests, in the heart of Tuscany, near the historic towns of Montepulciano and Pienza.

It offers comfortable bedrooms, spacious common indoor facilities, many enchanting sanctuaries in its garden, olive groves and forest, and a large swimming pool to refresh.

## Your Host.

**Antonella Notari Vischer** will introduce you to the delicious local cuisine and tell you about the beautiful places to visit in the area. In your spare time, you will be able to explore the region by foot or on bicycle, admire its cultural and artistic heritage and indulge in the sweet idleness so treasured by Italians, the *dolce farniente*.



## Rates & Conditions.

### EUR 700 per person

in single room with a shared bathroom (max. 2 persons sharing the bathroom) or in shared double room with en-suite bathroom.

The rates include all yoga sessions, three nights in a single or shared double room, brunches, snacks and dinners from Thursday evening to Sunday noon. Alcoholic beverages are available but not included in the price. In addition, a tourist tax of EUR 1 per day per person will be charged separately. Travel costs to and from Trafonti are not included.

Your reservation will be validated upon receipt of the signed registration form. The full payment for the retreat can be made on location with credit card (except American Express).

In case of cancellation on your part, the costs are: EUR 100 from registration. 50% of the course price from **16 September 2021** and 100% of the course price from **20 September 2021**.

In the event of cancellation on our part, the entire trip will be refunded to you if you made a down payment, except for any transportation and logistical costs incurred by you. We strongly recommend that you take a cancellation and repatriation insurance.

## Location & Travel

**By airplane** to Perugia or Florence or Rome

**By train** to Florence, Chiusi-Chianciano Terme or Terontola-Cortona.

**By car.** More details available upon registration (depending on your place of departure and travel plans).

We suggest you arrange your trip early for better rates. We also advise on contracting a travel insurance to cover changes or cancellations.

*If you wish to arrive earlier or leave later, feel free to inquire about the availability of rooms at Podere Trafonti or in the vicinity. Antonella will be happy to guide you with your travel plans.*



## Contact & Registration

Antonella Notari Vischer

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Email [welcome@poderetrafonti.com](mailto:welcome@poderetrafonti.com)

Facebook - [www.facebook.com/PodereTrafonti/](https://www.facebook.com/PodereTrafonti/)

Podere Trafonti

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Montefollonico, Torrita di Siena,  
Siena, Toscana, Italia.

<https://goo.gl/maps/TYKM3Xi6PbB2>

