



Pratyāhāra
Yoga Retreat

22 to 25 April 2023 in
Tuscany
with Martina Cova

Pratyāhāra Yoga Retreat

The quieter you become, the more you can hear. –
Baba Ram Dass

During these four days, Martina will guide you on the path that leads deep inside yourself, to a quiet and peaceful place. Gliding on your bodily movements and floating on your breath, your awareness will gradually sink inward, as gently as a spring shower soaking into the earth.

Each practice will combine a flow of asanas, breathing exercises and meditations that aim at stilling the turbulence of the senses and nourishing your innermost consciousness. Moving on the support of your breath, your body will grow strong, agile and balanced and your mind be filled with harmony and serenity.

If you want to stay healthy for life, you need to take care of yourself. That's the conventional wisdom. But the real secret to lifelong good health is actually the opposite: Let your body take care of you. - Deepak Chopra



Classes will be conducted in English. All ages from 18 years upward welcome. All levels of yoga experience are welcome. Min. 6 and max. 10 participants. Indoor and – weather permitting – outdoor practices. Massages available on request.

Your Teacher

Martina Cova is a yoga teacher and physio-therapist. She started practicing yoga nearly 20 years ago, together with her twin sister Chiara, at the age of 12, dedicating herself to Hatha yoga for the first 10 years and then approaching Ashtanga yoga.

Her insights, acquired through yoga and physio-therapy, allowed her to further deepen her practice and to use it as a restorative therapy. Based on this experience, Martina founded the Physio Yoga Project (www.physioyogaproject.it), which aims at increasing the awareness of one's body and deciphering its signals in order to cure it and build lasting health.

Martina and Chiara also run courses and retreats through their joint initiative, Twindharmma (www.twindharmma.com). Their approach is playfully mindful, scientifically experiential and carefully personal.



“With patience and dedication we observe what manifests itself, exactly within the limits in which it manifests itself. And we let ourselves be healed with confidence.

*There must be dedication and there must be care.”
– Martina Cova*

Your Program

(subject to modifications)

Saturday, 22 April

15:00 - Arrival and check in

17:30 - Opening Practice

20:00 - Dinner

Sunday to Monday,

23 – 24 April

08:00 - Sunrise Practice

10:00 – Brunch

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

18:00 - Sunset Practice

20:00 - Dinner

Tuesday, 25 April

08:00 - Sunrise Practice

10:30 – Brunch

Check-out and departures



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.

Meals are mostly vegetarian, homemade from seasonal, local and, whenever possible, organic products.

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 795 per person

The rates include all yoga sessions, three nights in a shared double room with bathroom, brunches, snacks and dinners from Saturday evening to Tuesday 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 **1 April 2023** and 100% of the course price from **15 April 2023**.

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

Mob./Whatsapp +39 392 763 74 78

Email welcome@poderetrafonti.com

Martina Cova

martina.twindharna@gmail.com

Podere Trafonti

Strada Provinciale SP 15,
Montefollonico, Torrita di Siena,
Siena, Toscana, Italia.

<https://goo.gl/maps/TYKM3Xi6PbB2>
www.poderetrafonti.com

REGISTRATION FORM – Pratyahara Yoga in Tuscany – 22-25 April 2023

First and Last Name

Nationality

Place and Date of Birth

Address

Mob. (+ Whatsapp, if different)

Tel. (home or office, if available)

E-Mail

Emergency Contact (Name, Mob.)

Dietary restrictions and Allergies

I would like to book (see information sheet for more details on costs) a shared double room with en-suite bathroom for EUR 795.
I, the undersigned

register for the yoga retreat in Tuscany from 22-25 April 2023. I declare to have read the conditions of the retreat and to travel under my full responsibility in Tuscany with the group organized by Martina Coia and Antonella Notari Vischer, Martina Coia, the yoga instructor, and Antonella Notari Vischer, the host, are relieved of all responsibilities in case of incidents related to the yoga practice and travels by rental car or others means of transportation, as well as during all other activities undertaken during the retreat. I also declare that I will abide by the health and safety norms and regulations valid at the time of the retreat.

Privacy and Personal Data Protection: At Podere Trabonti we collect basic personal data about you when you make a reservation and when you stay with us. We use your personal information intimately and share it with other people or organizations who need to know it as part of working with us in our normal business activities. Furthermore, we are legally required to pass on your personal data to the provincial law-enforcement and tax authorities. We do not disclose or sell your personal information to others for marketing purposes.

I, the undersigned, pursuant to the above information on the processing of my personal data authorize the accommodation facility to communicate my personal data to the provincial law-enforcement and tax authorities and to such third parties who need it to provide the requested services. I furthermore authorize the accommodation facility to store and manage my personal data in order to speed up the operational, administrative and quality control procedures.

Place and Date

Signature

Thank you for sending the completed and signed form to welcome@podetrabonti.com

Your reservation will be confirmed upon receipt of the signed registration form.

Payment can be made at Trabonti with credit or debit card (except American Express) or via bank transfer (please wait for the retreat to be confirmed before making your payment).

Bank details for the payment (please mention "Yoga with Martina April 23). Kindly ensure that any payment charges are debited to your account or added to the payment. Thank you!

Podere Trabonti,

Via del Prato 5, IT-53045 Montepulciano (SI)

Banca TEMA Chiusi e Montepulciano

IBAN: IT56088512560400000401423

BIC: ICRPIT33XXX (last letter: zero)

Don't hesitate to contact us for any additional information. We are looking forward to seeing you in Tuscany and thank you for your participation! Antonella Notari Vischer, welcome@podetrabonti.com, cell. Whatsapp: +393627637478