



POESIE D'UN CORPS SANS LIMITE
yoga, méditation et dessin



POETRY OF AN INFINITE BODY
yoga, meditation and drawing


**PODERE
TRAFONTI**

14 - 17 September 2023
@ Podere Trafonti in Tuscany, Italy

Avec/with VIDYA GASTALDON

POETRY OF AN INFINITE BODY

YOGA, MEDITATION & DRAWING

During this retreat, you will be guided by Vidya in practicing Yoga according to the Kashmiri tradition, in which you freely and consciously explore the body's movements, carried by the energy of the breath. You will connect to the power of silence and through it learn to become more aware of how your body, mind and emotions interact. In observing yourself without judgment, you will meet and own your limits and resistances, thus allowing for an intense experience of the present moment.

The afternoon is devoted to drawing mirror portraits in small groups.

Both practices reflect on our relationship to borders and connections. Those with the 'other' for the portrait, those with 'space' for the yoga practices. When we allow our minds' and eyes' perceptions to unfold, we change our conscious and sensible relationship with the environment.



Yoga and drawing practices will be conducted in English and French. All ages and levels welcome, including beginners. No artistic prerequisites or academic knowledge are required.

POETRY OF AN INFINITE BODY

YOGA, MEDITATION & DRAWING

Your Program.

Thursday, 14/09

15:00 – Arrival, Welcome and Check in

18:00 - Opening Yoga Practice

20:00 - Dinner

Friday & Saturday, 15-16/09

9:00-10:45 - Sunrise Yoga

11:15 - Brunch

Free time to rest or explore

15:00-18:00 – Drawing Workshop

18:30-19:30 – Sunset Yoga

20:00 - Dinner

Sunday, 17/09

9:00-10:45 - Sunrise Yoga

11:15 - Brunch

Check-out and departures



Your Teacher.



Vidya Gastaldon was born in 1974 in an Ashram in France. At the age of 20, she was introduced to the fundamental Yoga practices (Raja Yoga) and began to passionately read the sacred texts of India, which would later guide her artistic work. In 2001, she graduated as a teacher of Hatha Yoga at the Soluna Yoga School in Geneva. There she met Mathieu Richter, who directed her

towards the Kashmiri practice. She began to follow this tradition as taught by Eric Baret, a disciple of Jean Klein.

Her approach to the practice is profoundly tactile, visual, and sensual, as is her artistic creation.

Vidya is also a widely acclaimed artist and art teacher (at the HEAD in Geneva). Her artwork is both mystical and earthy. Her landscapes portray the macrocosm as well as its swarming cellular constitution. Each composition contains many layers of consciousness which are constantly shifting and changing. In this sacred, sensual, humorous and sometimes provocative universe, she gives birth to new beliefs free from any form of domination.

Your Accommodation.



Podere Trafonti is a chic guesthouse set in an organic agricultural domain, surrounded by 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 vegetarian, homemade from seasonal, local products.

Your Host.

Antonella Notari Vischer and her team will introduce you to the delicious local cuisine and tell you about the beautiful places to visit in the area. 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 927 per person

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

The rates include all yoga and drawing sessions, three nights in a single or shared double room, brunches, snacks and dinners from Thursday evening to Sunday noon. Alcoholic beverages are not included (but can be bought separately).

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.

In case of cancellation on your part, the costs are: EUR 150 from registration. 50% of the course price from **26 August 2023** and 100% of the course price from **1 September 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 and from there by rental car to Podere Trafonti.

By train to Florence or Chiusi-Chianciano Terme, then with rental car to Podere Trafonti.

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

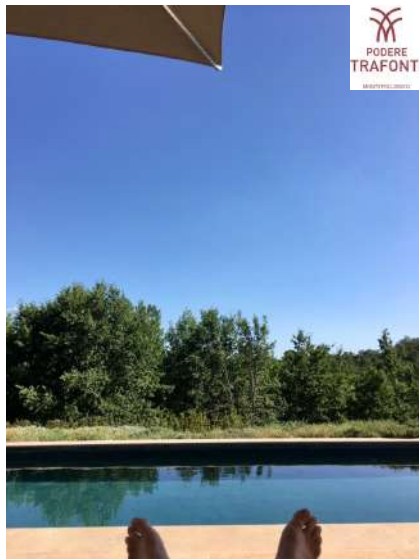
Antonella Notari Vischer

Mob./Whatsapp +39 392 763 74 78

Email welcome@poderetrafonti.com

Website www.poderetrafonti.org

Facebook - www.facebook.com/PodereTrafonti/



Podere Trafonti

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

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

REGISTRATION FORM –Yoga in Tuscany – 14-17 September 2023

First and Last Name/Prenom et Nom

Nationality/Nationalita

Place and Date of Birth/Lieu et date de naissance

Address/adresse

Mob. (+ Whatsapp, if different)/Tel. portable + Whatsapp (si different)

E-Mail/courriel

Emergency Contact (Name, Mob.)/Contact d'urgence (nom et tel. portable)

Dietary requirements, allergies/Régime alimentaire, allergies

I would like to book a place for **EUR 927** / Je réserve une place pour **EUR 927**

I, the undersigned/Je soussigné(e)

I, the organizer for the yoga and drawing 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 Vidya Gastaldon and Antonella Nolan Vischer. Vidya Gastaldon, the yoga instructor, and Antonella Nolan 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 Protector: At Podere Trafonti we collect basic personal data about you when you make a reservation and when you stay with us. We use your personal information internally 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. (Traduction française disponible sur demande.)

Place and Date /Lieu et date

Signature

Thank you for sending the completed and signed form to welcome@podestrafonti.com. Merci d'envoyer la fiche complétée et signée à welcome@podere@podestrafonti.com.

Your reservation will be confirmed upon receipt of the signed registration form. Votre réservation est confirmée avec réception de la fiche d'enregistrement.

Payment can be made at Trafonti with credit or debit card (except American Express) or via bank transfer (please wait for the retreat to be confirmed before making your payment). Les paiements peuvent être effectués à Trafonti avec carte de crédit ou débit (sauf American Express) ou via transfert bancaire (svp attendez confirmation de la retraite avant d'effectuer un paiement).

Bank details for the payment (please mention "Yoga with Vidya SEP 23"). Kindly ensure that any payment charges are debited to your account or added to the payment. Thank you. Complete bancaire pour paiement avec mention "Yoga avec Vidya SEP23". Merci d'inclure les frais bancaires.

Podere Trafonti,
Via del Prato 5, IT-53045 Montepulciano (SI)
Banca TEAMA Chiassi e Montepulciano
IBAN: IT56F088512566400000401423
BIC: ICRTITRR30 (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 Nolan Vischer, welcome@podestrafonti.com, cell/Whatsapp: +393927637478