

YOGA CAMP AND NATURE, FOUR DAYS IN THE MARCHE REGION

Four days Yoga Camp in an amazing bay on the sea surrounded by greenery, overlooking the sea. Valentina Perugini, Federica Costa e Indrajeet Kaur, our Yoga Certified teachers, will guide you on this holistic wellness program inside the San Bartolo Natural Park.

Thursday 9/09/2021: Vallugola Bay and the San Bartolo Natural Park

Arrival at the hotel and accommodation, free time to enjoy the nature surrounding the hotel and the marvellous view over the Vallugola bay. Yin Yoga session before dinner. Dinner, and Nidra Yoga session for a relaxing night.

Friday 10/09/2021: Yoga and Nature...discovering woods and Castles overlooking the sea

Wake up and Yoga meditation and then Yoga sessions (Hatha or Asthanga at your choice). Breakfast and meeting with nature guide for a nice walking to discover the nice woods and the castles of Casteldimezzo and Fiorenzuola di Focara, a fascinating place for your free lunch. Free time to relax in the village and the wood under the crag. Back to Vallugola bay for your Yin Yoga session. Dinner, and Nidra Yoga session before sleeping.

Saturday 11/09/2021: Yoga and Walking to Gradara Castle and the Gong Bath experience

Wake up and Yoga meditation and then Yoga sessions (Hatha or Asthanga at your choice). Breakfast and meeting with nature guide for nice walking tour until the famous Gradara Castle; at destination light lunch with stuffed piadina (typical local bread). Free time to visit the village and back to Vallugola Bay. At the arrival, a moment of relax before Yin Yoga session. Dinner, Kundalini Yoga session and "Gong Bath" experience.

Sunday 12/09/2021: Kundalini Yoga

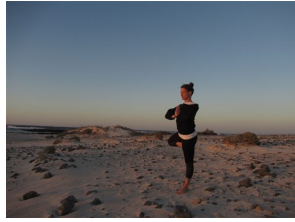
Wake up and Surya Kriya, Kundalini Yoga session, breakfast at the hotel. End of services. Free time to relax or departure.

Package rate per person € 660,00

Double room as single use supplement € 72,00

**Rate per person not attending the Yoga activities
(companion)** € 350,00

* the rate includes all the services mentioned in "the cost includes" except all the Yoga activities, meditations and Gong Bath.



The rates include:

- Accommodation in double room at Hotel Capo Est**** located in Vallugola Bay (Gabicce Mare) with half board treatment (excluding drinks). Facilities: equipped swimming pool, jacuzzi, little private beach inside the garden of the hotel, bike storage and little equipped garage path maps and itineraries for your free excursions in the Park;
- Meditations and Yoga sessions managed by Valentina and Federica, Kundalini Yoga and Gong Bath managed by Indrajeet Kaur, our professional Yoga teachers;
- n. 2 nature guided excursions managed by our experts (Andrea Fazi e Veruska Rossi);
- N. 1 light lunch in Gradara.

The rate doesn't include:

- extra meals, drinks at the hotel;
- Transfer from/to: Pesaro railway station: € 25,00 (one way) Cattolica railway station: € 15,00 (one way);
- Transfer from/to Bologna and Ancona Airports: rates on request;
- All not indicated in "the rate includes".

The Yoga activities will be managed from: Morning sessions: meditation, Hatha and Asthanga Yoga by Valentina and Federica. Evening sessions: Yin Yoga (by Federica) and Nidra Yoga (by Valentina). Indrajeet Kaur will manage the Gong Bath session on Saturday night and Kundalini Yoga on Sunday morning.

The Yoga activities will take place in the green areas or in the indoor halls of the hotel.

OUR STAFF



Valentina Perugini (Yoga teacher): Deeply interested in seeking the self, help her to joint Dance and Yoga passion. She teaches in her studio: Yin Yoga, Yin e Yang Flow e Ashtanga Vinyasa Yoga. Her vision is to joint your mind with your body through a mindful motion, linked to your sentiments, emotions and everything our body needs to tell us.

Certificates and diplomas:

Ashtanga Vinyasa Yoga certificate (Yoga Alliance RYT 200h)

Yin Yoga degree (Yoga Alliance CE 100h) with Arely Torres Delfin.

Federica Costa (Yoga teacher): She practices Yoga from many years with important professional experiences in Italy and in India, helping her to know deeper the Yoga philosophy and practice as a real science for mental and physical wellness.

Certificates and diplomas:

Yoga certificate with Yogacharya Lalit Kumar

Yin Yoga certificate

Yoga and Ayurveda counselor



Indrajeet Kaur (Yoga teacher): Kundalini Yoga teacher with teachings handed down from Yogi Bhajan. Sound immersion operator that used the sound to restore the human magnetic field with the gong echo, activating the process of 72.000 nadis (body energy fields) helping the free energy flow in your body, using instruments as Gong and Tibetan Bells.

Andrea Fazi (Nature guide): He signed up the nature regional guides. Environmental teacher, trainer and naturalistic planner with an experience of more than 40 years. He worked in many italian regions inside parks and wooded preserves. For us a real “nature and trees Guru”.



Veruska Rossi (nature excort): one of the major expert of paths and passages that joint San Bartolo natural Park and Gradara Castle. A real leader of the walking paths of this area of Marche region.