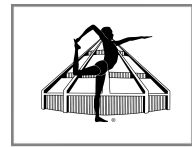


YOGA RETREAT

with Patrizia Semperboni and Cristiana Battistella
from **27 August** till **31 August 2025**
Italy



An open window...



...on the 'Golfo del Tigullio'

Hallo!

*My name is Patrizia and...this is how it went:
in the summer of a few years ago, I discovered this remote spot...
a breath of air between green and blue,
where people are welcomed with love and simplicity...
a boon!*

*Take a breath and invest in your wellbeing...
with Yoga, Pranayama, Meditation, Walks in the hilly forests, Walk along rocky
coast typical of the place, Boat trip and Visiting highlights (famous places of
Italian culture as Rapallo, Portofino, Santa Margherita Ligure)*

Theme: *yoga from different perspectives*
Yoga style: *lyengar method/Vinyasa method/ Pilates method/Meditation*
Language: *English/Dutch/German/Italian*
Location: *"Casa del Pellegrino" Salita al santuario 15,
Montallegro 16035 Rapallo-Genova*

Specifically:

- *morning class: 2 hours*
- *evening classes: 1,5 hour and evening programme*

Inclusive: *(more information will be sent on request)*

- *16 hours yoga activities*
- *4 nights in a single (or double) room with shared bathroom, linen included.*
- *4 times : breakfast, lunch (packed on request) and dinner*

For specific dietary needs, such as gluten or lactose intolerance, it is recommended to bring your own supply.

Props to be brought:

1 mat, 2 bricks, 1 belt, 2 blankets.

Extra: *Ayurveda massage to be booked on Friday 29 Aug.*

Planning:

Wed 27 Aug

18.30-20.00 yoga class (restorative)

20.30 dinner

Thu 28 / Fri 29 / Sat 30 Aug

8.00 water, tea, coffee and fruits

8.30 - 10.30 yoga class

12.30-13.30 lunch

free time

18.30-20.00 yoga class (restorative and pranayama)

20.30 dinner

*21.30 evening programme: possible outdoor/meditation /
silence walk/mantra chanting/rest*

Sun 31 Aug

8.00 water, tea, coffee and fruits

8.30-10.30 yoga class

N.B.

*Possible minor adjustments to the programme, depending on the preference of the group and the possibilities on location.
One local trip still to be integrated.*

Price:

To secure your spot, a deposit of € 300 into our account, is required.

(account details will be sent)

Yoga classes, accommodation and 12 meals : € 725

Early-bird registration discount:

If you sign up and pay the deposit by **June 1st**, you will receive a € 50 discount on the total cost.

Total cost:

including 8 Yoga classes, 12 meals and accommodation is calculate based on a minimum number of participants.

- with 8 or more participants: € 725
- with 7 participants: € 775
- With 6 participants: € 830

That said, in agreement with the registered people

Location:

The "Casa del Pellegrino," which hosts us, was built between 1947 and 1951 on the property of the Montallegro Sanctuary, along the path of the ancient Roman pedestrian route known as the Alta Via, and is surrounded by lush nature.

Behind the house and the Sanctuary stands Monte Rosa. The house itself is built above the ancient water cistern of the aqueduct, which is fed by the Monte Rosa spring, and it overlooks the Gulf of Tigullio, near Rapallo, Portofino, and the Cinque Terre.

Alternative options:

- Attendance of lessons only with external accommodation outside the "Casa del Pellegrino": It will be calculated in July based on the number of registered people.
- Accommodation at Hotel Bar Ristorante Montallegro, a five-minute walk from the "Casa del Pellegrino": for cost information, contact the hotel directly.

Travel cost: *not included (how to travel will be sent on request)*

Extra costs:

- *public transport for local trips*
- *Ayurvedic massage. For info, booking and price, directly via Monica's email*

Condition for the Retreat to take place:

Registration deadline: 1 July 2025

Our retreat will take place in so called 'high season' for that, to ensure it can started, it's necessary that the total price has to be paid by **July 1st**.

Of course...having reached the minimum of 8 participants by this date, new participants can also be added after 1 July.

Cancellation Policy:

- *Canceling before the start date, you need to find someone to replace you: 100% refund, minus €75 administration cost.*
- *Canceling up to 6 wk before the retreat start date: 70% refund (15 July)*
- *Canceling up to 4 wk before the retreat start date: 50% refund (30 July)*
- *Canceling up to 2 wk before the retreat start date: 25% refund (12 aug)*
this last condition is only applicable if there are at least 8 participants
- *Less than 2 weeks before the retreat start date: no refund*

Travel cost: *not included (how to travel will be sent on request)*

Extra costs:

- *public transport for local trips*
- *Ayurvedic massage. For info, booking and price, directly via Monica's email*

Our hosts: *Patrizia/Cristiana/Gianluca*

About the teachers:



Patrizia Semperboni is a professional yoga teacher, certified according to the Iyengar® method. She holds the certificate as senior level in the Iyengar system.

Originally Italian, she has been living in Amsterdam for a long time.

Having worked with the body for many years (ex-dancer), she has developed a broad knowledge of the body and its role in yoga. She has completed the 2 years course of "Remedial Yoga Course" with Stephanie Quirk and a 2 years of "Course on the Yoga Sūtras in study and practice" with Gitte Bechsgaard and Sheila Haswell. Patrizia finds interesting to pay attention to technique and, on the other hand, observe the changes in the physical and mental state of the students.

The class:

*one of the important points in Iyengar is the **sequence** in which the postures (asanas) are performed. The form is shown and the activity of each part of your body is explained, to create the right **alignment**, an other important point of this method. Tools can help to create the right balance between activity, resistance and relaxation. Her classes are suitable for all ages and levels.*



Cristiana Battistella is a professional teacher of Yoga, Pilates Mat and contemporary dance. Originally from Italy, she has been living in Berlin for a long time. Over the years, she has completed various teacher training programs in Hatha, Vinyasa, Restorative, Yin Yoga, and Shamatha/ Vipassana meditation. She has also deepened her knowledge of the therapeutic aspects of yoga, particularly through the study of Spiraldynamik®-Yoga as well as Oncology Yoga.

In her classes, special attention is given to the execution and **alignment** of postures to cultivate **awareness** of the connection between body and mind and to learn how to practice safely.

The class:

Vinyasa Yoga is a dynamic and fluid practice that can be both vigorous and gentle, emphasizing the coordination of breath, postures, and the transitions between them. The continuous flow of movements guided by the teacher leads both body and mind into a harmonious rhythm. During the initial warm-up, elements of the Pilates method will be incorporated to support spinal health by strengthening the core.



Monica Vailetta, yoga teacher and excellent certified Ayurvedic massage therapist resident in Genova Nervi.

On Friday 29 August, there will be the opportunity to receive an Ayurvedic massage.

For info, booking and price, please contact her directly:

E: monvailetta@gmail.com

The cost is not included in the retreat price.