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"CHRISTMAS

GIFT"

SUPER OFFER

RESERVATIONS BY

12/31/24

We are pleased to invite you

At one of the Island's *most* exclusive and charming Residences.

Hermitage of Montevergine

Ancient historic mansion from the 1700s full of charm and elegance

immersed in the magic of the Island, Gardens and its Waters.

a few meters from St. Francis Bay.

ISCHIA

Summer 2025

SHORT/WEEKLY VACATIONS

Aug. 31-Sept. 14

RESERVATIONS BY MARCH 5

SUPER OFFER

"CHRISTMAS GIFT"

RESERVATIONS BY 12/31/25

(BUT GIVEN THE DATES IT IS RECOMMENDED TO BOOK AS EARLY AS POSSIBLE)

Vacation Yoga and Natural Wellness

Wonderful days

to welcome the first rays of the Summer sunshine that is pure Wonder in these places.

On this Island where Nature offers the abundance of her gifts among beautiful Gardens and natural hot springs that abound as in an Eden,

guests in one of the *most* striking places on the island that will leave you

speechless, the Hermitage of Montevergine

Ancient Hermitage from the 1700s transformed in the last century into a beautiful Residence for Exclusive Holidays

just a few meters from the beautiful St. Francis Bay and the deep, sparkling blue sea.

Hermitage of Montevergine

www.eremodimontevergine.com

Ancient Hermitage disputed for centuries between monastic Orders,

in the 1900s Holiday villa of noble English family that makes its white walls resound with art, music, writing and life to the wonderful garden with plants brought in from 'India and the Mediterranean coast.

Today renovated with wisdom and elegance by a famous architect

thanks to the love and care of the current owners.

In a very panoramic position is the Hermitage of Montevergine, dating back to the early 1700s,

overlooking the Bay of St. Francis

which is about 100 meters from the entrance to the Hermitage adjacent to the Church of St. Francis.

The unique location, in the area of Lacco ameno, nestled between Forio and the picturesque Bay of San Montano, an exclusive location that has always been considered a residential area with villas and hotels of

prestige,

Nearby is the mystical Bosco di Zaro with the villa "la Colombaia" formerly owned by director Luchino Visconti. In the same forest is the place of worship dedicated to Our Lady of Zaro, while a short walk from the Hermitage you can visit the famous "Giardini della Mortella," considered among the top ten *most* beautiful gardens in Europe.

A short distance away is the wonderful and lush Negombo Thermal Garden.

In the picturesque and beautiful San Montano Bay.

From the Piazzetta in front of the Church of St. Francis of Paola, through a wrought-iron gate, one enters the Hermitage. A long covered patio, bordered by wide and beautiful arches and stairs, leads to the 'wide and bright entrance that leads into the main part of the Hermitage.

Here the Petrea apartment former manor house of an English noblewoman in the early 1900s.

lies in the center of the apartments like the pistil of a flower in the center of the petals.

Main protagonist of the Petrea's immense white "vaulted" hall,

surrounded by the large windows and Clear Light,

the grand grand piano inlaid in wood with the carved initials of the great writer and pianist

Alfred Stead progenitor of the noble family.

Each apartment is named after a Greek nymph: Calypso, Galatea, Actea, Thetis, Nesea.

The west exposure of the Hermitage allows one to enjoy breathtaking sunsets

from almost every view and on the horizon the outline of the island of Ventotene.

ISCHIA

"Ischia the surprising, magmatic and fascinating *more* beautiful and stronger than man, who also tried to violate it, grabbing the environment with rapacious hands."

(The beautiful Guide to the Island of Ischia, published by la Repubblica)

A tribute to a unique land.

The beautiful island of Ischia encompasses a history rich in traditions, myths and legends that have made it a popular destination for travelers, important literary and historical figures who have linked to their name that of the Neapolitan island.

This is meant to be a tribute to a beautiful Island, from those who live it daily and savor its sweet scents day after day.

The island of Ischia began as a totally volcanic island, and although over the centuries volcanic activity has completely died down, it has left with it fertile soil and mineral-rich water with important beneficial properties. A history rich in magic. The first village on the island arose around the first half of the 8th century BC.

Then in the Middle Ages, the island became a peripheral domain of the Byzantine empire in which Byzantine-style pottery was worked, and after a period of Sicilian rule,

the island *again* became inextricably linked to the city of Naples.

Ancient Pithecusa and its names - The name "Ischia" is just one of the last names given to the island, which, in ancient times was called "Pithecusa," probably named after the large clay pots

"Pithoi" that were produced on the island. There is no shortage of names related to literature, such as "Aenaria," from Aeneas who took *refuge* on the island according to Pliny's stories or "Arime," from the books of Homer, Pindar and Hesiod or "Inarime" according to Virgil and Ovid, both referring to the lush hills of vines on the island.

Discovering a unique Eden

This journey starts right here, from the history and tradition of Ischia, united by the beauty and ancient and modern charm of a city all to be discovered among its monuments, natural beauty and healthful riches that few places in the world can boast.

Yoga & Meditation

The importance of yoga in today's day and age

Yoga is not an ancient myth buried in oblivion. It is *the most* precious legacy of the present. It is the essential need of today and the culture of tomorrow.

(Swami Satyananda Saraswati).

Today a spiritual legacy is being recovered, of which Yoga is an important part. While the central theme of Yoga remains the supreme goal of a spiritual path, the practices of the Yoga give tangible and direct benefits to all, regardless of spiritual goals.

Physical and mental purification and strengthening are the *most* important results of Yoga. What makes it so powerful is the fact that Yoga acts on holistic principles of harmony and union.

According to medical researchers, Yogatherapy is successful *by virtue* of the 'balance created in the nervous and endocrine systems that directly affect all other systems and organs of the body.

For most modern people, yoga is simply a means of maintaining health and well-being in an increasingly stressful society. Asanas eliminate physical discomfort created during a day at the office sitting in a chair, hunched over a desk. Relaxation techniques help you get the most out of your

of effectiveness from increasingly limited free time. In an age of ringing cell phones and 24-hour shopping, yogic practices have great significance both personally and in business.

In the 21st century in addition to the needs of individuals, the basic principles of Yoga provide a real tool to combat social malaise. At a time when the world seems to have lost itself by rejecting past values without being able to establish new ones, Yoga provides the people a means of connecting with their true selves.

In the present age through this connection with one's authentic Self, it is possible for people to manifest harmony and it is possible for Compassion to emerge where until now it has not there had been.

In this respect, Yoga is far from being just a set of physical exercises.

It is an aid to establish a new perception of what is real, what is necessary, and to stabilize oneself in a way of living that embraces both inner and outer reality.

This way of life is an experience that cannot be understood intellectually and

Will become living knowledge only through practice and experience.

(from: Asana Pranayama Mudra Bandha - Satyananda Ashram Editions Italy)

What to do besides Yoga...!

a Volcano of Wellness!

Ischia is a 360° Dream Vacation Made in Italy

the Gardens, the Waters, the Bays, Culture and Events

Waters and Wellness

The island of Ischia, already rich in thermal water springs of innumerable therapeutic virtues, world-renowned for the Terme di Ischia, also enjoys a fortunate geographic location that ensures ideal climatic and environmental conditions to restore the body and spirit.

Ischia and its Waters, Thermal Springs, the wonderful Thermal Gardens, Wellness Centers, in an environment composed of Epomeo's rocky crags, restful pine forests, cool sea breezes and beaches, and the many, evocative, views

make the ancient land of "Inarime," a kind of sweet enchanted garden where the beneficial effects of the fountains of eternal youth can be enjoyed.

Ischia is blue sea and

turquoise *the most* beautiful bays and coves.

The island is spectacular, very lush and green, with spots of paradise in which to rest, sunbathe or take long walks.

The island of Ischia, located off the coast of Naples, is one of the *most* beautiful in the country thanks to its unspoiled nature and distinctly distinctive style.

It is a vast and interesting territory in many ways, primarily naturalistic and thermal. In the 29 basins present we find thermal water springs and fumaroles that have made the island a Of the *most* important spa destinations on the continent.

The temperate climate of Ischia makes it possible to appreciate the beauty of the beaches therefore the sea of Ischia at any time of the year, especially during spring summer.

In Forio we find one of Ischia's *most* beautiful beaches, that of Citara. Balsamic and tropical green plants join the fine sand until they meet the sea.

It is here that you *can* also visit the famous Poseidon Thermal Garden with its thermal springs. Also in Forio there is another beautiful beach that of Sorgeto Bay.

Warm water allows year-round diving in the crystal clear waters among rocks and reefs of rare beauty.

From Panza, a hamlet of Forio, a path leads to the Scannella with spectacular pools and terraces in which to rest and enjoy the sound of the sea of Ischia.

Between Barano and Sant'Angelo we encounter another striking beach, that of Maronti Bay. Characterized by a fine, clear beach and ridges that can be climbed up to meet the tuff quarries.

Near Lacco Ameno is the beach of San Montano with exotic charm.

The rich vegetation lining the rocks creates a striking view of the sandy bay lapped by the turquoise sea.

Vacations in the Green of Ischia

La Mortella was and still is a private garden, owned by an Italian-English foundation, which opens to the public from April to October.

We are in one of the *most* beautiful gardens in Europe, divided into two sections: one below, the Valley, which is decidedly humid and protected from the winds, and another, the Hill characterized by predominantly Mediterranean vegetation.

Lotus blossoms, *bamboo* and Japanese maple trees set the stage for the Thai Hall, near the Greek Theater and the burial site of Mr. and Mrs. Walton's ashes.

Wonderful views of the bay, streams and fountains enhance the scenery with some 3,000 plant species, many of them rare. Species such as tree ferns from the southern continent, aloes from South Africa, yuccas and Mexican agaves, palms, magnolias, camellias and orchids are found in the two hectares of garden.

Also in the William Walton House Museum, the foundation holds weekly musical events throughout the year.

Sant'Angelo the Enchanted Village

The small fishing village, a real gem, forbidden to cars and curled up on a small square that teems with life in summer, with its bars, restaurants and fine boutiques, all in an enchanted atmosphere of yesteryear.

Sant'Angelo has been called the "little Capri" by many.

because of the similarity of the narrow streets, houses and the Piazzetta to the well-known island.

Modern hotels, luxurious yachts, boutiques with exclusive designer labels, fine jewelry stores, art studios, handicrafts including famous ceramics, excellent gastronomy, natural and picturesque scenery.

The possibility of meeting strolling famous people, romantic nights under the moonlight, are some of the ingredients that make Sant'Angelo a renowned, exclusive and coveted International tourist destination.

Artists

Sant'Angelo was the main point of reference in Italy for intellectual and artistic emigration, a place where the freedom, tolerance and affable welcome of the locals actualized the discomfort and sadness of these guests.

The best known was the painter Werner Gilles, but there were many artists who decided to spend part of their lives in this oasis of inspiration: Rudolf Levy, Bargheer, Purmann, Fleschmann, Pablo Neruda, George Barkeley, Pier Paolo Pasolini, Getrude Helmhonz, Lothar Diez, Mahringer Anton, Werner Heldt, Ulrich Neujahr.

Here the ancient hot springs of Cavascura the Fumarole beach and its wonderful Thermal Parks

Don't miss the beautiful Sorgeto Bay, with natural warm water pools, where you can bathe even during winter!

E...

hand-rolled pasta, genuine vegetables and greens, buffalo mozzarella, and the typical Mediterranean flavors, smells, and colors with a hint of magic.

Every year on September 29 and 30, Sant'Angelo honors its patron saint,

festively decorated with small lanterns and torches accompanying the characteristic procession by the sea.

PROGRAM (outline)

LONG WEEKEND 3 NIGHTS / 4 DAYS

DAY 1.

Arrival and accommodation in the rooms/apartments from 2 p.m.

4 p.m. Herbal teas and Welcome Tea in the

Garden Relaxation / leisure time

6-8 p.m. Program Presentation-Yoga & Meditation at Sunset in the Hermitage Viewpoint or in the Bay

8:30 p.m. Mediterranean style veg dinner in the beautiful terrace of the Petrea (or in case of bad weather in the charming piano hall)

After dinner: Charlas and soft music by moonlight on the sea / Ischia by night / rest

2ND DAY.

07-08.30 Morning Yoga by the Sea: Sun Salutation, Asanas and energizing Pranayama at St. Francis Bay

09-10 Buffet breakfast on Petrea's beautiful terrace

10 a.m. to 5 p.m. Relaxation / free time (Mortella Gardens / Zara Woods / Poseidon Gardens and Spa Parks / Negombo / Relaxation in the Bay)

6-8 p.m. Evening Yoga & Meditation at Sunset in the Hermitage Viewpoint or in the Bay

8:30 p.m. Veg Mediterranean style dinner on the beautiful terrace of Petrea

After dinner: Charlas and soft music by moonlight on the sea / Ischia by night / rest

DAY 3.

07-08.30 Morning Yoga by the Sea: Sun Salutation, Asanas and energizing Pranayama at St. Francis Bay

09-10 Breakfast on Petrea's beautiful terrace

10-17 Relaxation / free time (S. Angelo and the Fumaroles / Poseidon Gardens and Spa Parks / Negombo / free excursions / Relaxation in the Bay)

6-8 p.m. Evening Yoga & Meditation at Sunset in the Hermitage Viewpoint or in the Bay

8:30 p.m. Mediterranean Style veg dinner on the beautiful terrace of Petrea

After dinner : Charlas and soft music by moonlight on the sea / Ischia by night / rest

DAY 4.

07-08.30 Morning Yoga by the Sea: Sun Salutation, Asanas and energizing Pranayama at St. Francis Bay

09-10 Breakfast buffet on the terrace at Petrea

Conclusion of the Program - Greetings and Departure

WEEK & LONG VACATION

Outline program as above

EXTRA DAYS.

Outline program as above

EXCURSIONS

SANT' ANGELO: A TOUR OF THE ROMANTIC VILLAGE OF ATMOSPHERE

PROCIDA: THE COLORFUL LITTLE HOUSES, NARROW STREETS AND THE FAMOUS "LETTER CARRIER'S BEACH"

MORTELLA GARDENS (& MUSICAL EVENTS)

SPA GARDENS: NEGOMBO AND POSEIDON

ARAGONESE CASTLE (& EVENTS)

BEACHES OF YOUR CHOICE

TREKKING ON MOUNT EPOMEIO TO THE FOUNTAIN OF ETERNAL YOUTH

At the table our

OM HOME RESTAURANT VEGETARIAN VEGAN ORGANIC

RESERVATIONS (SUBJECT TO AVAILABILITY)

MAX BY MARCH 5

SUPER OFFER

"CHRISTMAS GIFT"

RESERVATIONS BY DECEMBER 31

The number of rooms at the Hermitage of Montevergine is limited, so it is recommended to book as early as possible.

COSTS PER PERSON

LONG WEEKEND (3NIGHTS/4 DAYS)

SINGLE ROOM WITH PRIVATE BATHROOM €850

DOUBLE ROOM WITH PRIVATE BATHROOM €650

LONG WEEKEND (4NIGHTS/5 DAYS)

SINGLE ROOM WITH PRIVATE BATHROOM €890

DOUBLE ROOM WITH PRIVATE BATHROOM €690

WEEK (7 NIGHTS/8 DAYS)

+ 7TH NIGHT FREE OFFER!

SINGLE ROOM €1,590

DOUBLE ROOM €950

LONG OR CUSTOMIZED PROGRAMS

ASK FOR INFO AND COSTS

COST INCLUDES:

STAY, YOGA PROGRAM, BREAKFAST AND DINNERS.

TRANSFER TO/FROM PORT/EREMO ON COMMON TIME AND OFFICIAL DATES.

ROOM CLEANING AND LINEN CHANGE EVERY 3 DAYS

CSEN MEMBERSHIP CARD 2025

COST DOES NOT INCLUDE:

CABS AT DIFFERENT TIMES / DAYS / PAID EXCURSIONS / BOAT RIDES / ENTRANCE TO SPA PARKS ETC.

EXTRA CLEANING AND LINEN CHANGE (OPTIONAL-COST €15 EACH TIME).

EXTRA CLEANING MUST BE BOOKED AT THE TIME OF THE BALANCE OF THE RESERVATION.

To participate in the Residential Yoga Programs, you must fill out the appropriate registration form at:

Francesca Marchi School of Yoga Amateur Sports Association and CSEN-affiliated Social and Cultural Promotion Organization

+ deposit of:

€250 for weekends and short programs

€350 per week and long vacation (5 days and up)

By bank transfer (bank transfer details will be provided at the time of booking)

Sending copy to:

francescamarchiyoga@ gmail.com

SMS or whatsapp +39 3480806129

The balance must be paid by bank transfer no later than 30 days before 'arrival. The balance is non-refundable.

In case of cancellation:

the deposit fee will be refunded with a Voucher to be used WITHIN 12 MONTHS for another Yoga Retreat with us.

The Deposit Refund Voucher can be used only 1 time within 12 months and upon availability request - in case of a second cancellation the same Voucher will be invalid.

We are at your disposal for any inquiries or clarifications to facilitate your reservations and...we simply expect you!

"I do not love you as you were jade or turquoise, sea stone or hard stone that in the heart becomes a thorn.

I love you as a light feather, frothy pink cloud melting into a thousand rivulets of ambrosia.

I don't love you like you were slate, granite, fiery lava stone to incinerate hope

But as if I were a tree in whose shade I rest and that holds me clasped with its strong roots

I love you, as if I were cherry tree in spring to adorn myself with your blossoms as warm aroma intoxicates me for your fruits that of red juice on my mouth drip sweetest pulp concentrated flavor that rises from the earth, from the water from the wind, from the very pure and fragrant essence of life and in me flow.

I love you not as a shadow but as the aulent sunshine of my soul."

(Ventisqueras)

EVENT REGISTRATION FORM BOOK

NOW

BOOK NOW

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