

PROGRAM AUGUST Program (outline)

WEEK

1 DAY.

Arrivals at Villa Amrita Janani and room accommodations from 2

p.m. 4:30-5:30 p.m. Welcome Summer Herbal Teas

6-8 p.m. Presentation and Introduction to the Evening Practice

Program: Asanas and pranayama - Meditations

8:30 p.m. Dinner

After-dinner and next-day planning

DAY 2.

06-07 a.m. Mantra Sadhana Morning Meditation and Sankalpa

7-8:30 a.m. Yoga: Surya Namaskara - Asanas - energizing Pranayama 9-10 a.m.

Sweet/savory breakfast buffet

11-15 **On Walk to Discover the Estate's Woods /relaxation/pool/leisure**

Free / packed lunch

4:30-5:30 p.m. Summer herbal teas

6-8 p.m. Evening Yoga: Preparatory exercises, Asanas and calming Pranayama - Meditations (Yoga Nidra, Antar Mouna, Ajapa Japa)

8:30 p.m. Dinner

After dinner under the stars

DAY 3

MORNING YOGA PROGRAM DITTO AS PREVIOUS DAY

9-10 a.m. Breakfast

10:30 a.m. **Spiritual walks in Gubbio and Assisi/relaxation/pool/free time**

Free / packed lunch

18-20 Evening Yoga: Preparatory Exercises Asanas and Calming Pranayama - Meditations (Yoga Nidra, Antar Mouna, Ajapa Japa)

8:30 p.m. Dinner in the garden

After dinner under the stars

DAY 4

7:00-9:00 a.m. Sankalpa and Mantra Vedic tradition

7:30-8:30 a.m. Morning Yoga: Surya Namaskara - Asanas - Energizing Pranayama 9-10

a.m. Sweet/savory breakfast buffet

11-15 **16 Excursion and river bathing/relaxation/pool/free time**

Free / packed lunch

4:30-5:30 p.m. Summer herbal teas

6-8 p.m. Evening Yoga: Preparatory exercises, Asanas and calming Pranayama - Meditations (Yoga Nidra, Antar Mouna, Ajapa Japa)

8:30 p.m. Dinner

After-dinner under the

stars **5 DAY AUGUST!**

06.-08 am

HAVAN OF AUGUST THE PRAYER AT THE FIRE OF VEDIC TRADITION- Mantras and devotional songs from the Vedic tradition

ASWATTHA ARADHANA ancient Vedic ritual of Prayer to Trees (ON OTHER WEEKS)

9-10 Sweet/savory breakfast buffet

11-15 **Relaxing Walks and Picnic in the Estate Woods**

4:30-5:30 p.m. Summer herbal teas

6-8 p.m. Evening Yoga: Preparatory exercises, Asanas and calming Pranayama - Meditations (Yoga Nidra, Antar Mouna, Ajapa Japa)

8:30 p.m. **Aperitif in the garden and dinner for the August holiday season**

After dinner under the stars

DAY 6

MORNING YOGA PROGRAM DITTO AS PREVIOUS DAY 9-10 BREAKFAST

10:30 a.m. **Spiritual walks in Gubbio and Assisi/relaxation/pool/free time**

free / packed lunch

6-8 p.m. Evening Yoga: Preparatory exercises, Asanas and calming Pranayama - Meditations (Yoga Nidra, Antar Mouna, Ajapa Japa)

8:30 p.m. Dinner in the

garden After-dinner under

the stars **DAY 7**

MORNING YOGA PROGRAM DITTO AS PREVIOUS DAY 9-10 BREAKFAST

10:30 A.M.-5 P.M. **WALKING IN THE FOOTSTEPS OF FRANCESCO AND CHIARA:**

LA VERNA Visit to the Sacred Hermitage and the Forest -Fairy Forest

(AUGUST WEEK)

GUBBIO-ASSISI-BOSCO DI SAN FRANCESCO LAST STRETCH ON FOOT

(OTHER WEEKS IN AUGUST)

(times may be changed according to excursions)

free or packed lunch

6-8 p.m. Evening Yoga: Preparatory exercises, Asanas and calming Pranayama -
Meditations (Yoga Nidra, Antar Mouna, Ajapa Japa)

8:30 p.m. Dinner in the

garden After-dinner under

the stars **Day 8**

7-8:30 a.m. Yoga and Program Conclusion - Reflections together 9-10 a.m.

Breakfast

10-11 **DEPARTURE AND GREETINGS**

LONG WEEKEND/SHORT VACATION

AUGUST 1 TO 30 ON REQUEST AND UPON AVAILABILITY ALSO LONG

WEEKEND/SHORT VACATION MINIMUM 3 NIGHTS

A Program formulated from the heart and aimed at all

