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"CHRISTMAS GIFT"

SUPER OFFER

RESERVATIONS BY

12/31/24

BOOK NOW

"The Soul needs more space than the body"

Axel Munthe

Villa San Michele Anacapri

Island of Capri

Yoga vacations in Capri

Summer 2025

May 29 to July 29 LONG

WEEKENDS & WEEKENDS.

"Precious Moments in the Island of Great Beauty."

MAXIMUM RESERVATIONS BY MARCH 31

"CHRISTMAS GIFT"

OFFER

MAXIMUM RESERVATIONS BY DEC. 31

Capri is a very exclusive location and in demand at any time of the year the villa has a very limited number of rooms. It is recommended to book as early as possible

CHRISTMAS GIFT

Capri needs no words...

It has been a few years that the Isle of Capri has been giving us the gift of its Great Outer and Inner Beauty by offering us wonderful and exclusive places to hold our Yoga Vacations.

And...we could only fall in love with this little Island that made the whole world fall in love!

A Yoga Vacation in Capri why come?

To give you unforgettable Moments that will remain photographed in your eyes and heart

where Yoga will be that 'special ingredient that will awaken the magic of the awareness of Living and the Great Beauty that surrounds you,

Pampered by the "well-being" and "beautiful living" taken care of by us in every detail.

To meet Yoga and Meditation with Francesca, a teacher with a long journey alongside one of the great Masters of the tradition, with an ongoing quest to understand and transmit Yoga not only as a system of techniques but as a way of life and tool for savoring the joy of every daily moment.

To rest and regain serenity, breathe in the scents of Capri's flowers,

enveloped by the wordless Great Beauty of the 'Jewel Island.

Walks, sea, boat rides, nature and trekking for lovers of walking, the ancient Roman imperial villas where History remains immortal

the silent presence of all the intellectual artists and writers who chose Capri

As inspirational muse.

Relaxation, shopping, cultural events, walking lightheartedly through the narrow streets of Capri and Anacapri between coffee and drinks in the Piazzetta!

And again.

Magical evenings under the stars that will make you dream in the Villa San Michele Gardens home of the

Capri concert season or in the *most* romantic views of fashionable Capri or beautiful Anacapri.

The Blue Grotto, the magic of the great Faraglioni that speak of eternal love,

an Island where layers of History shrouded in mystery and fascination overlap and merge,

from Antiquity when it all began with Emperor Tiberius and the Roman Empire to modern and contemporary history

then ... a sunrise or sunset bath and everything else you will find out

Arriving or returning here to Capri...

Capri is special.

Our Residences

There are places that tell stories, connections, and characters that helped create the myth of Capri and still keep it alive today:

are the historic homes, silent witnesses to pieces of the lives of artists and personalities who populated the island in the late 19th and early 20th centuries.

THE VILLA

Overlooking the Bay of Marina Piccola and a stone's throw from Capri's Piazzetta

Tinged with that fascinating Pompeian red that speaks of history...surrounded by a splendid garden of rocks and Mediterranean plants, enveloped in that blue light that envelops the whole Island and makes the colors shine in a surreal way...

Created from the renovation of one of the famous old villas of the early 1900s when intellectuals, artists, and writers from the "old Continent" chose this small and precious Island

as "le Quartier Latin" of Paris and Atelier of the New Cultural Movement that was emerging and *inspired* the construction of the *most* innovative Century in our History.

The yoga classes, the big breakfasts, the candlelight dinners under the stars

Will take place outdoors in the garden or on the romantic terraces

In front of the sunrises rising from the Gulf of Sorrento,

In memories of the Dolce Vita of other times.

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, Yoga practices 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 the 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 influence 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 the physical discomfort created during a day at the office sitting in a chair, hunched over a desk. Relaxation techniques help to achieve maximum

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 a means for people to connect 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 there has been none.

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 living is an experience *that* cannot be understood intellectually and will become living knowledge only through practice and experience.

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

PROGRAM (outline)

LONG WEEKENDS WEEK

Day 1 (Thursday)

from 2 pm

Arrivals and accommodations in the Villa scheduled from 2 p.m. onward.

Welcome Summer Teas and Herbal Teas.

Relaxation in the villa, walk around Capri and Anacapri, sea and nature. 7-8:30 p.m. Yoga and Meditation at Sunset.

8:30-10 p.m. Dinner under the stars.

After-dinner: Leisure/cultural events (based on the week's event calendar) and Next Day Programming.

Day 2 and Day 3 (Friday and Saturday)

07-08:30 a.m. Yoga and Meditation at Sunrise.

09-10 a.m. Breakfast/buffet brunch.

10:30 a.m. Free time: sea at the island's lidos (Anacapri: GrottaAzzurra, Punta Carena Lighthouse, Capri: Marina Piccola, Bagni di Tiberio, Marina Grande), private boat trip and bathing in the island's coves, Grotta Azzurra, Excursions and Walks to the historic villas of Capri and Anacapri, Nature Walks, walks and shopping in Capri.

Free lunch or upon request we will prepare a small packed lunch for you.

7-8:30pm Yoga and Meditation at sunset in the villa.

9 p.m. Dinner under the stars.

After dinner: you can choose whether to enjoy relaxing in the villa in the garden and admire the moonrise over the sea on the romantic terrace, amid charlas and atmospheric music or go out for a pleasant evening in the Piazzetta or Capri events.

Day 4 (Sunday)

07-08.30 a.m. Yoga and Meditation

09-10 Breakfast/brunch.

Free time: leisure, sea, Capri and Anacapri, excursions to villas, nature excursions, private boat trip and bathing in the coves of the Island.

Conclusion Program.

Greetings and departures.

WEEK

The days will continue with this Outline Program:

07-08:30 a.m. Yoga and Meditation at Sunrise.

09-10 a.m. Breakfast/brunch.

10:30 a.m. Free time: sea, hiking, walking around Capri.

Free or packed lunch (on request).

7-8:30pm Yoga and Meditation at sunset in the villa.

9 p.m. Dinner under the stars.

After-dinner relaxation in the villa, garden and Taverna or free time for an evening in Capri or Anacapri.

Check-in rooms from 3 p.m.

Check-out rooms 10 a.m.

But you can leave your luggage in the villa and stay until your departure time.

Excursions, sea, walks, Cultural events in Capri

There are many natural and historical excursions in Capri and Anacapri!

We offer some of the *most* evocative but will surely only serve to make you fall in love with this historic Island, leaving you with the desire to return soon. We, the Villa and Yoga will do all the rest!

Equally wonderful, *however*, will be the Villa that will host you and the area in which it is located, to embrace you in its silence, nature and beauty and offer you along with Yoga moments of deep relaxation.

The historic villas, mandatory to see them and come back to see them!

Whenever you are on Capri we recommend that everyone devote a half day to a walk that will take you to the *most* beautiful historic villas now open to the public to visit.

Among the *most* beautiful are Villa San Michele in Anacapri, Villa Lysis and Villa Iovis in Capri.

Walks

-From Anacapri to Capri if you feel like walking, the walk *can* start in the morning and end in the evening, visiting many naturalistically and culturally important points and views of the island.

-In Anacapri: Sunrise at Monte Solaro and Hermitage of Cetrella, Trail of forts, Belvedere della Migliera.

-In Capri: Natural Arch, Faraglioni, Via Krupp, Villa Jovis.

Sea

Anacapri: the Blue Grotto with its small romantic views of Lido di Gradola and the 'elegance of "Il Riccio," the Lighthouse Lido.

-In Capri: Marina Grande and the Baths of Tiberius, Marina Piccola and the Faraglioni.

-The wonder of the boat trip with the Capri gozzo and sailor (exclusive to us) for the Tour of the island with swim stops in the caves and crystal clear coves.

EVERY WEEK WE PROPOSE IT!

Upon request, it is also possible to book the entire villa to organize a private Program.

For this reason, it is recommended to make reservations as early as possible and well in advance.

We remind everyone that the deposit paid for the reservation in case of cancellation for justified reasons will be refunded in full with a bonus to be used on another date for Capri Yoga or other Yoga retreat with us to be used within 12 months of your reservation.

AT THE TABLE WITH OUR

VEGAN VEGETARIAN HOME RESTAURANT!

The villa and kitchen are managed exclusively by our Staff.

This will offer you the feeling of really being in your own private villa and having many little touches from our Staff who will prepare wonderful and super abundant breakfasts and dinners, with much care, always full of new proposals. The cuisine will be vegetarian, including dairy products and eggs and vegan based only on vegetable products, refined and in grand style, in the tradition of Mediterranean and Neapolitan cuisine with some hints of exotic cuisine, drinks included while keeping an eye on not letting you lose too much line...!

Those who already know us always come back with their mouths watering !

DATE

May 29 to June 29

LONG WEEKEND / SHORT VACATION

arrival Thursday/Sunday

a

WEEKS

arrival Thursday/Sunday

COSTS and OFFERS!

MAXIMUM RESERVATIONS BY MARCH 31

"CHRISTMAS GIFT"

10% discount

MAXIMUM RESERVATIONS BY DEC. 31

The villa fills up quickly and in order to best organize your Yoga vacation it is recommended to book as early as possible!

COSTS (per person)

LONG WEEKEND/SHORT VACATION

3 nights/4 days

-Single room (double single use) with private bathroom € 950

-double room with private bathroom € 790

-triple room with private bathroom € 690

WEEK

6 nights/7 days + 7th NIGHT FREE

-Single room (double single use) with private bathroom € 1790

-double room with private bathroom € 1090

-triple room with private bathroom € 890

The cost includes.

Accommodation, breakfast/brunch, light or packed lunch, dinner, yoga and meditation program, Csen 2025 membership card required to participate in all Yoga School activities, room cleaning and linen change every 3 days.

Cost does not include:

Extra room cleaning (cost €15 per time).

Linen change (€15 per change).

If you want to add room cleaning and linen changes kindly let us know at the time of booking.

Cabs, motorcycle rental, the free and optional lunches, boat trips and private beaches, entrance fees to museums, exhibitions, etc.

We Simply...We are waiting for you!

"My home must be open to the sun and the wind and the voices of the sea.

Like a Greek temple and light, light, light everywhere!"

Axel Munthe

(Villa San Michele Anacapri - the Hermitage of Light of the Doctor from the North)

Reservations

To participate in the Residential Yoga Programs you must :

fill out the appropriate registration form at our Yoga School

Amateur Sports Association and Social and Cultural Promotion Organization

CSEN affiliated

+ deposit of

€250 for weekends and short programs

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

by bank transfer

Transfer details will be sent to you at the time of booking

By sending a copy to:

francescamarchiyoga@ gmail.com

Text or whatsapp to 3480806129

In case of cancellation for justified reasons the deposit will be refunded in full with a Voucher to be used for another Yoga in Capri date or other Yoga Retreat 2024.

The balance must be paid by bank transfer

max within 30days prior to your arrival.

We are at your disposal for any inquiries or clarifications and facilitate your reservations.

BOOK NOW

EVENT REGISTRATION FORM

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Ancona

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