

yoga

music

& much
more

Angeli di Montefiore - Marche/Italy

22.–29.
september
2012



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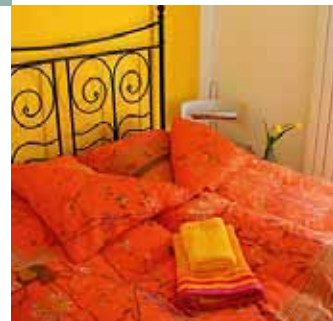


LOCATION

The retreat center in **Montefiore dell'Aso** (www.yogaitalia.de) with its nine charming guest rooms is a real sanctuary offering food for your soul and providing you with new strength and inspiration. The surroundings boast unspoilt beaches and beautiful hills as well as masterpieces of Renaissance art and architecture.

PROGRAM

The mornings are dedicated to **yoga asana**, **pranayama** and **meditation** followed by a delicious brunch. Afternoons are free and optional **excursions** can be made to Ripatransone, Fermo or San Benedetto del Tronto. Trekking, sailing or just relaxing at the pool are further possibilities as well as indulging in a **Thai Massage**. Later in the day we will meet again for **music lessons** and/or **chanting** together (www.springgroove.com).



OFFER

7 nights with full board (italian vegetarian cuisine) in double/twin rooms or tents as well as daily yoga classes and chanting/music sessions starting at € 645 p.p. for early bird reservations (travel expenses/transfers not included)

INFO & BOOKINGS

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