

*How well you correct
Our injured eyes, how gently
you train us to see
Things and men in
perspective. underneath your
uniform light.*

Ischia WH Auden



CALOSIRTO



Isola d'Ischia
Drishti.
For a look within
YOGA Retreat
03.10-2024 – 06.10.2024



Welcome to Calosirto



Outdoor



A terrace with a view



The rooms



Day Schedule

8.00: light Breakfast at 8, for those who wish, before the Yoga class (coffee, tea, bread, honey, fruit juice).

- 8.30-10.30: yoga Lesson (Pranayama and Vinyasa Flow)
- 11.30 10.30: Breakfast: tea, coffee, milk, sandwiches, toast, cheese, eggs, jam, cake and pies, fruit juice.
- Free afternoon.

You can go to the beach (15 minutes the beach of San Francesco), with public or private transportation to the Thermae (SPA) of Poseidon in Forio, Negombo spas in Lacco Ameno or in Casamicciola Castiglione Spa. Spend your time visiting the Island: the Aragonese Castle in the village of Ponte, a trip on the Epomeo, or Sant'Angelo, Maronti and the natural ancient Thermae of Nitrodi.

- Ayurveda or Yoga workshops

-18-19.30: (times to be arranged) Yoga lesson (Yin and Nidra Yoga)



The Yoga teacher
CATERINA CENCI

**TEACHES PRANAYAMA, VINYASA, HATHA , YIN YOGA
(500 RYT). BIOLOGIST**



Caterina teaches a Yoga which is functional to each students' daily body and mind requirements,. During her classes she brings her students to explore the physical, energetic and mental component of the posture.

She studied with Vanya Y Barra (Rome), Ameria Giannone (Sicily) and Jason Crandell (London). She believes education catalyzes personal transformation and she keeps attending Yoga workshops and seminars.



Stay includes:

- *BREAKFASTS*
- *Double or triple rooms with bathroom.*
- *6 hrs Yoga classes*
- *FREE non alcoholic BEVERAGES: water and fruit juices.*
- *Welcoming aperitive.*
- *FREE Wi-Fi*
- *TV in common lounge area*
- *Free Private Parking*

Arrival within 6.00 p.m and check out 2.00 pm

euro 650,00

Deposit by 15. 08. 2024 euro 100,00. No refund if cancelled after 10. 09.2024

payment at calosirto1890@gmail.com

IBAN : Caterina DE RISO IT03J02008051122000110077509

Info: calosirto1890@gmail.com

Not included:

- *Round trip*
- *Transfer to the site.*
- *No Transfer included around in the Island*
- *Workshops*
- *Dinners*

Smoking is not permitted

No Pets

How to get there:

From Rome

- Train ROMA/NAPOLI www.trenitalia.com
- www.italotreno.com
- Car ROMA /NAPOLI KM 250

From Napoli

- FERRIES : to ISCHIA e CASAMICCIOLA
- <https://shop.caremar.it> 081-18966690
- www.medmargroup.it 0813334411
- HYDROFOIL: to ISCHIA – CASAMICCILA - FORIO
- www.alilauro.it
- www.snav.it
- www.caremar.it
- On the island : TAXI o BUS

