



Kashi
Kriya

DETAILED INFORMATION

PRACTISES: Hatha and Raja Yoga

The practice of Asanas (postures) will only be in the morning before breakfast,

For the rest they will all be practises for the Mind

(Breathing techniques, concentration, tools to train the mind to a neutral state of observation and presence, relaxation techniques)

ACCESSIBILITY: open to all those who wish to practice and train their mind

PLACE: Kashi House - Gubbio (PG)
<https://goo.gl/maps/cQRorp46AedtFcon6>

DURATION: Friday afternoon to Sunday
lunchtime (check attached timetables)



NUTRITION:

the diet will be vegan and organic (notify any intolerances / allergies)
With **Chef Daniela Palmeri**

www.danielacucinachecura.it

COST FOR EACH SINGLE YOGA RETREAT: € 250 (VAT included) - deposit of € 100 per booking

10% DISCOUNT ON THE PURCHASE OF BOTH YOGA RETREAT (with one-time payment)

YOU CAN JOIN ONLY ONE OF THE TWO RETREATS OR BOTH.

Fee that includes all the practice of the Retreat + the food (excluding overnight stay)

**The cancellation the previous day or the same day,
will provide for the payment in full of the fee**

STAY OVERNIGHT: at two structures agreed with us

AGRITURISMO ABADIA FARNETO: (www.abadiafarneto.it)

B&B DELLA VALLE : (www.bed-and-breakfast.it/it/umbria/bb-di-valle-gubbio/32968)

Or you can choose in full autonomy where to stay overnight in Gubbio

SEATS ARE LIMITED

**THE RESERVATION WILL BE CONSIDERED ONLY FOR A CREDITED DEPOSIT OR FULL AMOUNT
OF THE TWO YOGA RETREAT.**