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HARI OM

May there be Peace in the heavens (celestial plane), in the sky (astral plane, peace on Earth (physical plane), peace in the water, peace among the herbs, plants, trees, peace among the ten cardinal points of the planet, peace on Brahma, peace everywhere, peace on me and only peace.

May there be peace and prosperity, may all misfortunes and tribulations be appeased, may all planets be at peace.

Shanti Vedic Mantras

We are pleased to invite you to these Lands of Peace and

Spirituality at our

Center for

Yoga & Lifestyle Retreats

VILLA AMRITA JANANI

SATYANANDA YOGA

YOGA RETURNS

NATURE & SPIRITUALITY

SPRING-SUMMER 2025

SPECIAL OFFER

FOR ALL DATES IN MAY

& AUGUST

RESERVATIONS BY MARCH 5

it is recommended to book as early as possible given the dates and limited availability

INFO

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We have inherited this Planet of future generations, children who have not yet been born, and it is our Dharma to return it to them in better condition than we were entrusted with Swami Niranjanananda Sarsaswati

VILLA AMRITA JANANI

arises from.

Villa Amrita Janani was born from many seeds planted throughout Francesca's life, the 'love for the beauty of nature in all its manifestations and for the places that will be our homes,

pleasure and the desire to share with people the Precious Moments of this great Gift we have received and it is called Life, the incredible and immense and endless experience of the years spent in the Ashrams in India and Italy alongside my Guru Paramahansa Satyananda and my Masters, an experience that has profoundly shaped my life and that day after day reunited and merged with my dreams and memories of a wonderful childhood with my family in equally wonderful places ...

All of this over time has matured day by day and through me has been transmitted to people of all kinds, through that special Gift I received many, many years ago and that like a big tree continues to bear fruit for all.

Yoga the Gift of Peace

from this was born Villa Amrita with the wish to offer everyone a place of Peace where Yoga becomes an experience of Happiness and Love for Life
On this wonderful Planet called Earth.

Villa Amrita Janani wants to be a thanksgiving, a celebration and preservation of the immense Gifts received from the Teachers of my Life
my family, my Guru and Nature in all its manifestations.

YOGA RETREATS AT VILLA AMRITA JANANI

Precious Moments and Days of Peace

INFO

MAY

SPRING YOGA RETREATS

"CALENDIMAGGIO"

detox

rosae & officinalis

May 1 Bridge April 30-May 4 1st OPENING

RETIREMENT VILLA AMRITA JANANI

8-11/5

CALENDIMAGGIO OF ASSISI

15-18/5

ROSAE ROSARUM ROSIS

22/25-5

BLOOMING OF CASTELLUCCIO

DISCOVER THE PROGRAM

A Special Program to Celebrate the Opening of Villa

Amrita Janani.

in the beauty of Spring Days

A Hymn to Nature in Bloom and the Beauty of Spring inspired by the ancient Roman calendar festival dedicated to Goddess Flora for the blossoming of Trees

with a focus on the theme 'Love and devotion to Nature,

1 detox day with Hata Yoga practices and a delicious themed Menu, meditations and Spirituality

& 3 Proposals of Spring Events in Umbria, between history culture and Nature, not to be missed!

RESERVATIONS BY APRIL 5

but it is recommended to book as early as possible

SPECIAL OFFER BOOK BY MARCH 5 BOOK NOW

AUGUST

YOGA RETURNS

Nature & Spirituality

August 1-30

weekend/weekend

DISCOVER THE SUMMER DAYS

TOGETHER PROGRAM

YOGA AND MEDITATION OF THE TRADITION

NATURE & SPIRITUALITY WALKS IN THE WOODS AND TRAILS

GUBBIO AND ASSISI PLACES OF PEACE

YOGA LIFESTYLE REFLECTIONS

RELAXATION PEACE SERENITY CHEERFULNESS

&

GOOD FOOD.

Aug. 1-30

weeks and short vacations

all weeks in August arrival

on Thursday or Sunday

reservations by June 5

SPECIAL OFFER BOOK BY MARCH 5 BOOK NOW

VILLA AMRITA JANANI

Within an estate of 10 hectares of pasture and coppice land

Villa Amrita Janani is a charming stone farmhouse of about 500 square meters, surrounded by a large garden with plants, shrubs, scents of flowers and herbs, lovingly renovated by us in an elegant rustic chic style,

a beautiful swimming pool awaits you for a refreshing dip on hot summer days. The climate here is ideal,

in summer it is cool and a pleasant breeze will accompany our dinners in the large garden of the Casale and in winter the crown of the Apennine mountains will offer us its snow-white blanket of snow.

Autumn and Spring, needless to say, will offer the magic of the colors and scents of these seasons.

WHERE ARE WE?

We are immersed in Mount Cucco Regional Park, surrounded by oak and coniferous forests and woods, 750 meters above sea level, behind protected by the mountain in which it is embedded as

a nativity scene, the ancient medieval town of Gubbio

and kissed by the sun rising from the Holy Mountain of Assisi: the Subasio.

The last stretch of forest on our estate intersects with the final and very impressive stage of the Saint Francis Walk, which leads from Verna to the gates of Assisi

And the woods thin out to the gentle olive trees

WHY ARE WE HERE?

These lands are holy

is the area between Assisi and Gubbio where Francis of Assisi preached *the most*.

From Assisi he left his father's home and San Damiano and in Gubbio he received help for his mission. I

have been frequenting these areas for many years where we have held many Yoga Retreats,

the first time I was invited here to do a Yoga Retreat and never left these areas *again*.

From an early age I was fascinated in a very profound way by the thoughts and stories about the lives of Francis and Clare of Assisi.

This thought was the great gateway to my spiritual path that led me to India and the world of Yoga teachings,

this thought never *left* me and gently like a spring breeze led me back here.

Many times together with loved ones we thought about whether we would ever have a place that would become the main point for our Retreats and I always said "if Francis wants us to be here he will give us a place that will be right for what I do."

Otherwise, we will keep looking...

I did not or resist toward this research. I just limited myself

to observing what was happening

And what people were looking for by coming to me.

Francesca

Assisi Gubbio and La Verna

are places that preserve and continue to give to the whole world,

Without asking for anything,
the history and thought of Francis of 'Assisi, Clare, and their fellow companions on the Camino.
To come to these places is to make an immense Gift to our heart.
Coming not to seek or to have
But to leave what covers our eyes,
preventing ourselves from seeing the Beauty of Creation vibrating within each Breath.
It is only when Awareness awakens.
That we understand through Life the true great meaning of 'Love.

I love these places very much and I feel that I am also part of this....

This is where I'm waiting for you

To offer yoga all,
The great Yoga that was given to me so many years ago.
The great Yoga that belongs to no one and continues to flow from heart to heart,
the millennia-old Yoga that humbly wants to give every human being the key to get to our hearts.

Francesca

INFO

THE CANTICLE OF THE CREATURES OR MESSER LO FRATE SOLE

Altissimu, almighty, good Lord, Thine are the praises, glory and honor et onne blessing. Ad Te solo,
Altissimo, se konfane, e nullu homo ène dignu Te mentovare.Laudato si, mi' Signore, cum tutte le tue
creature, spezialmente messor lo frate Sole....

Laudato si' mi' Signore, per sora Luna e le stelle...Laudato si' mi' Signore, per frate

Wind...Laudato si' mi' Signore, per sor'Acqua...Laudato si' mi' Signore, per frate Focu..., Laudato si' mi' Signore, per sora nostra matre Terra...

Laudato si' mi' Signore, for those forgive for Your love...Laudato si' mi' Signore, for sora nostra Morte corporale...

Laudate and bless my Lord et reingraziate and serviateli cum grande humilitate.

St. Francis called it the Canticle of Brother Sun and it is still today 8 centuries later the *most* famous Prayer of Thanksgiving involving the whole world. Francis feels on the journey as the companion of all creatures: humans, animals and plants as a single family.

Thomas of Celano writes:

"If he saw expanses of flowers he would stop to preach to them and invite them to praise and love God as beings endowed with reason, in the same way the crops, the vineyards, the stones and forests, the beautiful

countryside, running waters and verdant gardens, earth and fire, air and wind, with simplicity and purity of heart he invited people to love God.

And he called all Creatures by the name of brother and sister."

satyananda yoga

Central to the teachings of Satyanananda yoga is the concept of the yogic lifestyle. Yoga is not just a practice to be performed, it is a way of life, a way in which life *can* be lived with awareness, understanding, positive purpose and appropriate, creative action. When Yoga becomes part of life, then it becomes universal and dynamic. This is the aspect of Yoga vidya emphasized in the Satyananda yoga tradition. It is a holistic view of Yoga, leading to the development of a balanced personality and harmony of body, mind and spirit, which is expressed as wisdom and balance in the management of the sensory world.

Contrary to popular belief, yoga is not limited to a set of practices and is neither static nor inert. Underlying all practices is "yoga vidya" or "gyana" the wisdom that arises from a deep understanding of reality.

DISCOVER MORE.

Eastern and Christian spirituality

In the heart of man is hidden a mysterious prayer.... Tales of
a Russian pilgrim

Meditation is not the exclusive heritage of the East or the West, but is a cross-cultural response to human nature's own search for tools that can put us in contact with the Divine. The points of contact and similarities between the Christian and Eastern traditions are many.

Relaxation, concentration, the role of the Teacher, the importance of sharing and above all the centrality of surrender. These are all elements that we find present in the various spiritual paths and emerge from Observation of the human soul, its illusions and yearnings.

(from the preface of the book "MEDITATION"

Axel Bayer monk of Camaldoli and teacher of Yoga and Meditation) Waterfall

AMRITA

In the *Mahābhārata* and *Viṣṇu Purāṇa* it is told that the gods (deva), victims of a curse, had lost strength and immortality. To come back to their senses, they had to drink Amrita, the nectar of immortality, which was found in the depths of the Ocean of Milk (*Kshirasāgara*), one of the 7 cosmic oceans, surrounding the 7 mythical continents.

In order to find Amrita and give her the strength to break the curse, the deva would have to reshuffle the Ocean and for this they allied themselves with their historical enemies, the demons (asuras). These agreed to help the deva in exchange for the promise of a sip of Amrita, so as to Also gain immortality.

From the stirring of the Ocean of Milk (Samudra Manthana), the so-called "14 wonders" emerged

Lakshmi (goddess of beauty and good fortune), the god Chandra

(the moon), other deities, jewelry, sacred animals and an ampulla of Amrita held by the god Dhanvantari.

Immediately the gods and demons struggled to take possession of Amrita.

During the struggle, which according to the myth *lasted* 12 days and 12 nights, some drops of nectar fell to the earth, and in those places some important cities of India and some medicinal plants, including *Haritaki* (a component of *Triphalā*), were born, according to the myths

Eventually the gods succeeded in taking possession of Amrita, regained immortality and drove out the demons.

MISSION

Villa Amrita Janani wants to offer Yoga as a tool of

Awakening and effort

to protect Nature, Planet Earth

And the great universal Energy that created this.

Om Ishaa vaasyamidagvam sarvam

yatkincha jagatyaam jagat

Tena tyaktena bhunjithaa maa gridhah

kasyasvid dhanam

The whole Universe together with its creatures belongs to God.

No creature is superior to any other, and human beings should not have absolute power over Nature:

Do not let any species usurp the rights and privileges of other species. However by abandoning greed, one can enjoy the gifts of Nature.

Isha Upanishad

JANANI

Shakti the Energy or universal cosmic force is known as "Janani," Mother Janani in her three faculties defines Prakriti's nature to create evolve and expand.

Prakriti is present in atoms, gases, liquids, matter, stars and galaxies. Prakriti is all that is manifest because it is the energy of Creation.

Prithvi, the Earth is the end result of Prakriti.

Everything on Earth is a celebration of Janani and her creative aspect

Yoga Ecology honors Janani and Prakriti and aims to bring harmony through its practices designed to harmonize individual nature and connect it to natural forces, the 'environment, and the people with whom we share life through sattwic qualities, respect, and love for ta earth.

AT VILLA AMRITA JANANI

COOKING IS AN EXPERIENCE LOVE

Image by Ella Olsson

AJNI

RESTAURANT

VEGETARIAN SOUL KITCHEN

LEARN MORE

VILLA AMRITA JANANI IS FOR EVERYONE!

A RELAXING BREAK FOR PARENTS AND CHILDREN AS WELL

RETREATS AND THEMED SEMINAR TRACKS

DETOX PROGRAMS

SPIRITUAL ART

ECOLOGY YOGA

VEGETARIAN & VEGAN COOKING CLASS OF TRADITIONAL

ITALIAN CUISINE

RETREATS FOR PRIVATE GROUPS

HOSPITALITY FOR YOGA AND HOLISTIC RETREATS OF OUTSIDE GROUPS (AFTER EVALUATION)

INFO

Outdoor group yoga session COSTS.

per person

LONG WEEKEND/SHORT VACATION

3 nights/4 days

SINGLE ROOM€ 850 DOUBLE

ROOM€ 690 TRIPLE ROOM€

650 QUADRUPLE ROOM 590€

4 nights/5 days

SINGLE ROOM 890€

DOUBLE ROOM€ 750 TRIPLE
ROOM€ 690 QUADRUPLE ROOM€
650

WEEK

SINGLE ROOM€ 1390 DOUBLE
ROOM€ 890 TRIPLE ROOM€
790 QUADRUPLE ROOM€ 750

LONG VACATION!

& super special offers!

2 WEEKS AT VILLA AMRITA JANANI

SINGLE ROOM€ 2390

DOUBLE ROOM€ 1690 TRIPLE

ROOM€ 1490 QUADRUPLE

ROOM€ 1390

3 WEEKS AT VILLA AMRITA JANANI

SINGLE ROOM€ 2990

DOUBLE ROOM€ 2390 TRIPLE

ROOM€ 2190 QUADRUPLE

ROOM€ 1990

1 MONTH AT VILLA AMRITA

JANANI (4 WEEKS)

SINGLE ROOM€ 3590 DOUBLE

ROOM€ 2990 TRIPLE ROOM€

2790 QUADRUPLE ROOM€ 2590

COSTS INCLUDE:

STAY, YOGA PROGRAM AND MEDITATIONS, BREAKFASTS AND DINNERS,

AND SPECIAL PICNIC LUNCH MENUS AND MAY 1 HOLIDAY

LUNCHEON/APERICENA.

ROOM CLEANERS:

SHORT STAY (UP TO 5 NIGHTS):

1 TOWEL/BATHROOM CHANGE AND QUICK CLEAN-UP

LONG STAY (MINIMUM 6 NIGHTS)

1 COMPLETE LINEN CHANGE AND ROOM CLEANING

CSEN MEMBERSHIP CARD 2025.

TAX OF STAY.

1 ARRIVAL/DEPARTURE TRANSFERS TO BE ARRANGED ON COMMON SCHEDULE

COSTS EXCLUDE:

TRANSFER IN UNCOMMON TIME

TAXI AT DIFFERENT HOURS / DAYS / MOVING FOR EXCURSIONS CLEANING AND

EXTRA WHITE CHANGE (OPTIONAL-COSTO€ 20 at a time-

extra cleaning and linen changes should be requested at the time of booking). ENTRANCE

FEES FOR CHURCHES AND MUSEUMS

GUIDE FOR WALK GUBBIO ASSISI BOSCO DI SAN FRANCESCO€ 25 PER

PERSON (OPTIONAL) .

RESERVATION INFO

SPECIAL OFFER ON ALL MAY & AUGUST DATES

FOR RESERVATIONS BY MARCH 5

it is recommended to book as early as possible given the dates and limited availability

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 weekend 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 valid for 12 months to be used for another Yoga Retreat

The balance must be paid by bank transfer no later than 30

days prior to your arrival.

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

BOOK NOW

PayPal Button PayPal Button EVENT

REGISTRATION.

BY CAR IS ALWAYS RECOMMENDED WHEN STAYING IN OUT-OF-TOWN DWELLINGS FOR MORE INDEPENDENT TRAVEL.

IF YOU ARRIVE BY CAR, FOLLOW THE NAVIGATOR'S DIRECTIONS ON GOOGLE MAPS.

IF YOU ARRIVE BY TRAIN :

REGIONAL TRAIN ANCONA -ROMA OR ROMA -ANCONA GET

OFF STATION GUBBIO

AND WAIT FOR OUR TRANSFER WHICH WILL BE ACTIVATED IN COMMON TIME.

IF YOU WANT TO ARRIVE INDEPENDENTLY, IT IS POSSIBLE TO ARRANGE A PRIVATE TRANSFER

VILLA AMRITA JANANI IS ABOUT A 15-MINUTE DRIVE FROM THE STATION. INFO

Peaceful forest HOW

ARRIVE

THE LANDS OF FRANCESCO D'ASSISI

GUBBIO

the city where St. Francis first *donned* the habit &

Franciscan jewel box

Here the saint of assisi handcuffed around 1222uk ferocious wolf(who according to some scholars was a dangerous brigand) that landed the inhabitants of the contado

The episode was immortalized in the Little Flowers and became linked to St. Francis like few others

and the fattp occurred at the little church already granted by the bishop of Gubbio to the friars called the Vittorina

The monumental church of San Francesco stands on the southern side of Piazza Quaranta Martiri, in the lower part of the town of Gubbio. It was built around 1255. It is located within a vast Franciscan complex built by the Gubbio people on the land of the ancient family of the Spadalunga. It was this family that, in 1206-7, would welcome and clothe St. Francis after he left his father's house and renounced his wealth. But why is this place so important to the life of the saint from Assisi? One episode in particular makes it notorious: it was here that St. Francis first *donned* the famous habit, a symbol - for centuries - of the Franciscan Order.

THE HISTORY - Let's try to get into the history, into this fascinating story. Let's start with the Spadalunga family. Giacomello Spadalunga of Gubbio - "he who was once his friend." so writes the biographer Tommaso da Celano - met Francis during his imprisonment in Perugia, after the defeat at Collestrada. And it was to him that the Poverello turned, after finished his imprisonment. Having arrived at Porta San Pietro (now Porta Vittoria), he made his way-without hesitation-to the home of his Spadalunga friends in Piazza del Mercato, where he was warmly welcomed, refreshed and clothed. It should be pointed out, *however*, that there are several theories about the arrival of the future saint in the small Umbrian town. First, is - thus - his friendship with Giacomello Spadalunga. Second plausible theory: Francis chose Gubbio, given the presence of many hospitals, hospices and places of welcome for the poorest, testimony to the "pietas" of the Eugubinians. Last possible hypothesis: Gubbio and the fame of St. Ubaldo, bishop of Gubbio and great reformer of the church, who died some 50 years earlier. We cannot say with certainty why he came to Gubbio, but-certainly-it was here that he donned, for the first time, the famous habit.

Way of Francis - from Gubbio to Assisi

The southern part of the Franciscan trail, a path that brings together The highlights of the saint's life. Beyond its spiritual value, this itinerary offers beautiful scenery amid the rolling olive-covered hills of the Umbrian valley.

The Franciscan path is not a pilgrimage in the true sense of the word, but a path that

brings together The highlights of the saint's life.

Francis, even in his humility was a revolutionary figure in the history of Christianity; at a time when the church in Rome was the center of the temporal power of the papacy and amassed enormous wealth, he preached poverty and love for every creature in the world.

Beyond the spiritual value, this route offers beautiful scenery, from the remote woods of the Casentino to the rolling hills covered with olive groves of the Umbrian valley; it passes through characteristic villages medieval such as Sansepolcro, Gubbio, and Assisi ; it touches on remote hermitages and splendid abbeys. In short, a journey between nature art and history that will fascinate you.

ASSISI

is an enchanting town in Umbria surrounded by fortified walls that are headed by two castles, the Rocca Maggiore and Minore, with eight gateways. It is a place steeped in religiosity, as well as churches, monasteries and places of worship, which draw hundreds of thousands of pilgrims each year and is the site of important religious events that also affect the city's surroundings such as Gubbio and Perugia.

The spirituality that one breathes, walking through the narrow streets of the historic center and along the walls is something special that is not easily found with the same intensity and especially density of places to visit. And *the most* celebrated aspect of this atmosphere that hovers in the air is represented by the connection these places have with the lives of two saints who have gone down in history, and in the collective imagination, almost as if they were a couple, St. Francis (1182-1226) and St. Clare (1193-1253).

In Assisi, in fact, the two saints were born, lived and died, as well as collaborated. St. Francis is the Patron Saint of Italy, and one of the *most* revered saints in the world, founder of the religious order from which he takes his name. His historical events are among the best known and celebrated not only in religious circles. Clare of Assisi, on the other hand, is the founder of the Poor Clare nuns. She was the first woman to be admitted to Francis' religious order. And to relive the excitement of retracing the story of these two protagonists in the history of Christianity and touching the places where they worked, the itinerary we will follow is very rich and valid all year round, although between October 3 and 4, during the feast of St. Francis are some

solemn liturgical ceremonies and other civic events.

Blooming-of-Castelluccio-2022-1-1200x450

Blooming-of-Castelluccio-2022-1-1200x450

Describe your image

1/10

CULTURAL EVENTS UMBRIA

L 'Umbria is full of wonderful Events cultural artistic historical nature and Spirituality that take place continuously in and around Gubbio Assisi and the various medieval villages and towns in the Region

Any date you choose at Villa Amtita Janani in addition to the relaxation and Programs created for you will always be a wonderful opportunity to witness something truly magnificent

from the Calendimaggio and Spring Festivals

at the Concerts of the Soul at Dawn in Assisi in front of the Cathedral

The spectacle of the explosion of colors of the blooms of Castelluccio di Norcia, which can be admired at various times and from mid-May to early July will offer the maximum splendor

From the Enchantment of the night of flowers for the Corpus Christi Infiorata in Spello and other Villages

to the magic of the notes of Umbria Jazz that for more 'than 40 years has chosen Umbria for this event d'
fascinating atmosphere

and to the Culture and Art of the Festival of 2 Worlds in Spoleto

here

in this Land that has preserved to this day simplicity and humility

Nature in every glimpse tells you to stop in silence,

To listen to your heart and

Francis of Assisi's message of Peace and all those who have walked these paths

For those who seek the Magic of the Beauty of these

moments we have formulated for you some dates of Events

in August and many more to discover for yourself

MAY AND AUGUST 2025 EVENTS

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Describe your image

1/12

True companions are the trees, the blades of grass, the rays of the sun,

The clouds racing across the sky at dusk in the morning, the sea, the mountains.

Out of it all flows true life, great life, and you never feel loneliness when you can see and hear it.

(Alexandra David Neel)

There is always music in the trees of the garden, but our hearts must be very peaceful to hear it.

(Minnie Aumonier)

If we are happy, if we are at peace, we can blossom like a flower, and our family, the whole society will benefit from our peace.

(Thich Nhat Hanh)

Flowers are words, leaves silence, everything gathered around them.

(Rabindranath Tagore)