

GUBBIO C ASSISI

VILLA AMRITA JANANI

OUR CENTER FOR YOGA LIFESTYLE RETREATS

NATURE C SPIRITUALITY

*We are pleased to invite you to a May Special!*

SPRING YOGA RETREATS

"CALENDIMAGGIO"

1st Yoga Retreat for Opening of Villa  
Amrita Janani

C Retreats Yoga Detox rosae C officinalis

A Special Program to Celebrate 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 special focus on the theme of 'Love and devotion to Nature,1  
detox day with Hata Yoga practices and a delicious themed Menu,  
meditations and Spirituality'C 3 Proposals of Spring Events in Umbria,  
between history culture and Nature, not to be missed!

# PROGRAM

April 30-May 4 (or 1-4/5)

## 1st Yoga Retreat for Opening of Villa Amrita Janani

*"Sow a thought and  
reap an action; sow  
an action.*

*And reap a habit; sow a  
habit*

*And collect a character;  
sow a character*

*And reap a destiny."*

*Swami Sivananda Saraswati*

APRIL 30.

2-4 p.m. arrivals and room accommodations

4:30-5:30 p.m. Herbal teas and Spring

flowers

6:30-8 p.m. Program and Villa Amrita Janani presentation - Hata Yoga  
practice and short meditation/relaxation

8:30 p.m. Spring Dinner

23 Silence and Rest

MAY 1.

*A day of celebration and rest*

7-9 Hata Yoga asanas and pranayama purifying and energizing

Meditations

9-10 May 1 breakfast

free time, Meditative walk to discover the forest of the estate , rest 13 May 1

festive lunch in the garden

18-20 Asanas and Pranayama

Yoga Nidra Blissful Relaxation

8:30 p.m. May 1 dinner under the stars Relax

and rest

May 2

basic program as the previous day.

17-18 Yoga nidra

6-8 p.m. "Aradhana" The ancient ritual of Prayer and devotion to plants  
Experiential meditation

Our Rose Garden

Each of us will sow a rose plant given to you by us Followed by Silent

Meditation on your own plant

May 3

basic program as the previous day.

6:30-8 p.m. at sunset

"Havan" the ancient Fire Prayer for Peace and Prosperity.

May 4

7-9 Hata Yoga asanas and pranayama purifying and energizing

Meditations

9-10 breakfast

10-12 Conclusion of Program C

Presentation

" New Pathways and Seminars at Villa Amrita Janani"

2025/26

MAY 8-11.

CALENDIMAGGIO IN ASSISI

1 DAY.

2-4 p.m. arrivals and room accommodations

4:30-5:30 p.m. Herbal teas and Spring  
flowers

6:30-8 p.m. Program and Villa Amrita Janani presentation - Hata Yoga  
practice and brief meditation/relaxation

8:30 p.m. Spring Dinner

23 Silence and Rest

DAY 2

7-9 Hata Yoga asanas and pranayama purifying and energizing

Meditations

9-10 May breakfast

***11-16 Assisi's Calendimaggio stroll through the historic center***

*or leisure, Walks on the Estate , relaxation*

free lunch

4:30-5:30 p.m. Spring tea and

herbal teas 6-8 p.m. Asanas and

Pranayama of the evening

Introduction to Shatkarmas the Ancient 6 purification practices of Hata Yoga and Ayurveda

Yoga Nidra the Blessed Relaxation

8:30 p.m. Spring Dinner

Relaxation and rest

DAY 3

7-9 Hata Yoga:

**SHATKARMAS THE 6 ancient PRACTICES OF PURIFICATION.**

Brief relaxation after Shatkarmas 9-10

Spring breakfast

***11 Estate woodland walk/relaxation/free time***

Light lunch after Shatkarmas or free

4:30-5:30 p.m. Spring tea and herbal

teas 6-8 p.m. Evening Asanas and

Pranayama

Yoga Nidra Blissful Relaxation

8:30 p.m. Spring Dinner

Relaxation and rest

DAY 4

7-9 Hata Yoga asanas and pranayama purifying and energizing morning

Meditations

9-10 breakfast

10-12 Conclusion of Program C

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MAY 15-18

"ROSAE ROSARUM ROSIS"

The thornless rose of the Assisi Rose Garden -Porziuncola

1 DAY

2-4 p.m. arrivals and room accommodations

4:30-5:30 p.m. Herbal teas and Spring

flowers

6:30-8 p.m. Program and Villa Amrita Janani presentation - Hata Yoga

practice and brief meditation/relaxation

8:30 p.m. Spring Dinner

23 Silence and Rest

2 DAY

7-9 Hata Yoga asanas and pranayama purifying and energizing morning

## Meditations

9-10 Spring Breakfast

## **11-16 Excursion to Assisi Santa Maria degli Angeli -The Rose Garden of the Portiuncula**

*or leisure, Walks on the Estate , relaxation*

packed or free lunch

4:30-5:30 p.m. Spring tea and herbal

teas 6-8 p.m. Evening Asanas and

Pranayama

Introduction to Shatkarmas the Ancient 6 purification practices of Hata Yoga and Ayurveda

Yoga Nidra the Blissful Relaxation

8:30 p.m. Spring Dinner

Relaxation and rest

3 DAY

7-9 Hata Yoga:

### **SHATKARMAS THE 6 ANCIENT PURIFICATION PRACTICES.**

Brief relaxation after Shatkarmas 9-10

Spring breakfast

## **11 Estate woodland *walks/relaxation/free time***

Light lunch after Shatkarmas or free

4:30-5:30 p.m. Spring tea and herbal

teas 6-8 p.m. Asanas and Pranayama

in the evening Yoga Nidra the Blessed

Relaxation

8:30 p.m. Spring Dinner

Relaxation and rest

4 DAY

7-9 Hata Yoga asanas and pranayama purifying and energizing morning

Meditations

9-10 breakfast

10-12 Conclusion of Program C

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2025/26

MAY 22-25.

## **THE WONDERFUL MAGICAL BLOOM OF CASTELLUCCIO. A SPECTACLE OF NATURE**

1 DAY

2-4 p.m. arrivals and room accommodations

4:30-5:30 p.m. Herbal teas and Spring

flowers

6:30-8 p.m. Program and Villa Amrita Janani presentation - Hata Yoga

practice and brief meditation/relaxation

8:30 p.m. Spring Dinner

23 Silence and Rest

2 DAY

7-9 Hata Yoga asanas and pranayama purifying and energizing

Meditations

9-10 May breakfast

**11-16 *Excursion to the Castelluccio Plain to admire the explosion of colors of the wonderful lentil bloom and wild medicinal plants***

*Small notions of herbalism on the Simples*

*/leisure, Walks on the Estate , relaxation*

Packed or free lunch

4:30-5:30 p.m. Spring tea and

herbal teas 6-8 p.m. Asanas and

Pranayama of the evening

Introduction to Shatkarmas the Ancient 6 purification practices of Hata Yoga and Ayurveda

Yoga Nidra the Blessed Relaxation

8:30 p.m. Spring Dinner

Relaxation and rest

DAY 2

7-9 Hata Yoga:

## **SHATKARMAS THE 6 ANCIENT PURIFICATION PRACTICES.**

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in the evening Yoga Nidra the Blessed

Relaxation

8:30 p.m. Spring Dinner

Relaxation and rest

DAY 4

7-9 Hata Yoga asanas and pranayama purifying and energizing morning

Meditations

9-10 breakfast

10-12 Conclusion of Program C

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