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"CHRISTMAS GIFT"

SUPER OFFER

RESERVATIONS BY

12/31/24

Canticle of the Creatures or Song of Messer lo Frate Sole

Francis of Assisi

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

Laudate and bless my Lord et ringraziare and serviate 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 one 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 the forests, the beautiful countryside, the running waters and the verdant gardens, the earth and the fire, the air and the wind, with simplicity and purity of heart he would invite them to love God.

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

the Yoga Retreat will be particularly inspired by the theme  
Awareness of 'Divine Energy in Nature present in every  
form of Creation  
guided by the thought of Francis and Clare of Assisi

SUMMER 2025

ASSISI & LA VERNA

Yoga & Sacred Forest Retreats

Aug. 2-23

weeks and short vacations

RESERVATIONS MAX BY APRIL 30

SUPER OFFER

"CHRISTMAS GIFT"

RESERVATIONS BY DECEMBER 31

given the dates in August, it is recommended to book as early as possible

ASSISI

City of Peace

Mandir of Peace

(symbol of Francis of Assisi uniting all Religions Hermitage of

Prisons Assisi

An ancient farmhouse  
in a historic estate mansion

Gift and privilege to be guests in this place and in a land of holiness An  
ancient farmhouse  
immersed in the Immensity of woods and olive groves on the outskirts of Assisi  
Where the gaze is lost in the Infinite beauty of Creation that spoke to Francis and it is  
here that the Soul finally breathes and finds Peace

THE VERN

The Forest, the 'Hermitage of Francis, the Holy Mount

"Non est in toto sanctior orbe mons"

(There is no holier mountain in the  
world) La Verna

The Forest, the Sanctuary, the Holy Mt.

"Non est in toto sanctior orbe mons" (There is no holier mountain in the world).

Assisi & 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 to 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 true home  
that resides in the heart.  
And to reach it...it is necessary to leave...

Francesca

and us...

YOGA AND MEDITATION

ASSISI

NATURE & SPIRITUALITY

WALKS IN THE WOODS & TRAILS OF ASSISI PLACES

OF PEACE AND MEDITATION

THE VERN

A FOREST AND THE HERMITAGE OF FRANCIS

LIFESTYLE YOGA & REFLECTIONS

RELAXATION PEACE SERENITY & GOOD

FOOD

Program (outline)

WEEK

## 1 DAY

Arrivals and room accommodations from 2 p.m.

4:30 to 5:30 p.m. Welcome Summer Herbal Teas

6-8 p.m. Presentation and Introduction to the Program

Evening practice: Asanas and pranayama - Meditation

8:30 p.m. Dinner

After-dinner and next-day planning

## 2 DAY

06-07 a.m. Mantra Sadhana Morning Meditation and Sankalpa

7-8:30 a.m. Yoga: Surya Namaskara - Asanas - energizing Pranayama

9-10 Sweet/savory breakfast buffet

11-15 Assisi meditative walks / the forest of the estate / relaxation / free time

Free / packed lunch



4:30-5:30 p.m. Summer herbal teas

6-8 p.m. Evening Yoga: Preparatory exercises, Asanas and calming Pranayama - Meditations (Yoga Nidra, Antar Mouna, Ajapa Japa)

8:30 p.m. Dinner

After dinner under the stars

3 DAY

MORNING YOGA PROGRAM DITTO AS PREVIOUS DAY

9-10 a.m. Breakfast

10:30 a.m. Meditative walks Assisi //the estate's woods/relaxation/free time

Free / packed lunch

18-20 Evening Yoga: Preparatory Exercises Asanas and Calming Pranayama - Meditations (Yoga Nidra, Antar Mouna, Ajapa Japa)

8:30 p.m. Dinner in the garden

After dinner under the stars

4 DAY

7:00-9:00 a.m. Sankalpa and Mantra Vedic tradition

7:30-8:30 a.m. Yoga: Surya Namaskara - Asanas - energizing Pranayama

9-10 Sweet/savory breakfast buffet

11-15 Meditative walks Assisi/the estate woods/relaxation/leisure time

Free / packed lunch

4:30-5:30 p.m. Summer herbal teas

6-8 p.m. Evening Yoga: Preparatory exercises, Asanas and calming Pranayama - Meditations (Yoga Nidra, Antar Mouna, Ajapa Japa)

8:30 p.m. Dinner

After dinner under the stars

5 DAY

AUGUST!

6 a.m.-8 a.m. PRAYER TO THE FIRE - mantras and devotional songs Vedic tradition

9-10 Sweet/savory breakfast buffet

11-15 Walks/August holiday picnic and River Bathing.

4:30-5:30 p.m. Summer herbal teas

6-8 p.m. Evening Yoga: Preparatory exercises, Asanas and calming Pranayama - Meditations (Yoga Nidra, Antar Mouna, Ajapa Japa)

8:30 p.m. Dinner

After dinner under the stars

6 DAY

MORNING YOGA PROGRAM DITTO AS PREVIOUS DAY

9-10 BREAKFAST.

10:30 a.m.-4 p.m. Meditative walks Assisi and surrounding woods to the Estate / relaxation / free time

free / packed lunch

6-8 p.m. Evening Yoga: Preparatory exercises, Asanas and calming Pranayama - Meditations

(Yoga Nidra, Antar Mouna, Ajapa Japa).

8:30 p.m. Dinner in the garden

After dinner under the stars

7 DAY

MORNING YOGA PROGRAM DITTO AS PREVIOUS DAY

9-10 BREAKFAST.

10:30 a.m.-5 p.m. LA VERNA Visit to the Sacred Hermitage and the Forest -

( times may be changed based on the excursion to La Verna-own cars or on request minibus for all )

free lunch at the Hermitage or packed lunch

6-8 p.m. Evening Yoga: Preparatory exercises, Asanas and calming Pranayama - Meditations (Yoga Nidra, Antar Mouna, Ajapa Japa)

8:30 p.m. Dinner in the garden

After dinner under the stars

8 DAY

7-8:30 a.m. Yoga and Program Conclusion - Reflections together

9-10 Breakfast

10-11 DEPARTURE AND GREETINGS

LONG WEEKEND/SHORT VACATION

AUGUST 1 TO 23 UPON REQUEST AND AVAILABILITY ALSO

LONG WEEKEND/SHORT VACATION MINIMUM 3 NIGHTS

A Program Aimed at All

Loving the World

The positive view of Nature derives from the belief that the image of the Creator is reflected in it. A sense of brotherhood between man and the cosmos emerges that is profoundly different from other religious trends of the Middle Ages that despised the earthly world.

Writes The Legend Antiqua San Francisci

"Returning from La Verna with imprinted on his body the stigmata he had received from the Lord, exhausted of strength, Francis *stopped* at San Damiano in which Clare and her companions lived who had prepared for him a simple hut in the center of the Convent of San Damiano. There, after 50 days of agony, one morning he *called* the friars and, full of joy, *taught* them the new song he had composed: "Most high almighty good Lord. Laudato sie, mi Signore, cum tucte le tue Creature."

La Verna

Holiness founded on the rock. Firm, cold, immense. La Verna is a place to which one *cannot* fail to go.

To get to Verna you have to climb. If you get there on foot it's tiring but even arriving by car you sense the preciousness and uniqueness of the place. And be quiet to admire it.

This Holy Mount was the only thing "owned" by St. Francis. It was a gift from Count Orlando.

Francis went with his friars to be closer to God. He had his bed on the bare rock, spent days and nights praying in the woods, crying out to God, the only Lord of his life.

Francis would hide in the *most* remote ravines or search the woods for a solitary place, not wanting even his friars to see him when he withdrew for prayer. It was his secret place, the place where only God *could* enter.

And no one else. Each of us has such a place in our hearts, but it is often hidden or forgotten because of the too many concerns of this world.

Francis reminds us of the Silence. Solitude. As the Gift of Heaven.

But Mount Verna is there to witness to something even greater, humanly inexplicable, something that escapes human reason, control, understanding.

Mount Verna commemorates the night of September 16-17, 1224 when Francis "took from Christ the last seal"

(v. 107 - Canto XI - Paradise).

First in history, he was pierced in the flesh by the cross of Christ. Francis-who had long asked God to let him experience the love and pain he had felt in his Passion-had a vision of a six-winged Seraphim, and as soon as the vision disappeared, he saw the gift the Lord had given him. The flesh of his hands, feet and side was bleeding and pierced, just like the flesh of Christ on the cross.

A mystery of infinite beauty, Francis would have liked to keep the secret between him and God, but he could not. The odor of holiness was already wafting within his fraternity and all those who had had the Grace to meet him.

The stone on which Francis stood when he was visited and nailed is now kept in the splendid Chapel of the Stigmata, a place unique in the world for its beauty and depth. Andrea della Robbia's crucifixion scene moves you at first glance. And the phrase "O vos omnes qui transitis per viam attendite et videte si est dolor sicut dolor meus" (O all of you who pass by on the way, stop and see if there is pain similar to mine), written at the base of the sculpture, softly screams pain and love pierced and resurrected and leaves you speechless. So that you cannot say anything but "Deus meus et omnia."

My God and my all, my God and my all, my God and my all.

RESERVATIONS MAXIMUM BY MAY 31

COSTS (per person)

WEEKS (7 nights/8 days)

SATURDAY TO SATURDAY OR SUNDAY TO SUNDAY

Single room €1390 Shared

double room €890

Triple/quadruple room shared €850

Long weekend (3 nights/4 days)

Single room €890

Shared double room €690

DIFFERENT PERIODS ON AVAILABILITY AND MAKE REQUEST FOR COST

Assisi & La Verna

Long Retreat 2 WEEKS



Single room €2390

Shared double room €1490

Shared triple room €1390

COST INCLUDES:

Vegetarian stay and meals: breakfast, vegetarian/vegan dinner (Tradition Kitchen/Om Home Restaurant).

Afternoon/evening herbal teas, Concert, and August Ferragosto Apericena.

Yoga and Meditation Program.

Csen membership card valid 12 months required to attend the activities of our Csen-affiliated sports and cultural association.

EXTRA COSTS.

lunches, extra cleaning and linen changes (€15 each time), cab shuttle €15 per person each way at common time to be decided under date. Private transfers €35 each way.

Extra night at the Verna Hermitage.

## Reservations

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 weekends 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

max within 30days prior to your arrival.

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

BOOK NOW

EVENT REGISTRATION FORM

Francesca Marchi Yoga School

Ancona

registered office

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Loreto Via San Francesco 15

Rome Parioli Via Caroncini 53

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