

It's New Year's Eve

harmony begins between heaven and earth

Masaoka Shiki

LA VERNA

&

the Sacred Casentinesi Forests

NEW YEAR'S EVE & EPIPHANY

2024-25

YOGA & MEDITATION RETREAT

28 December-6 January

Short/long retreat

BOOKINGS MAXIMUM BY 30 NOVEMBER

SUPER OFFER

FOR BOOKINGS BY 15 OCTOBER

We are pleased to invite you to spend the most beautiful and magical days of the year together

to celebrate and celebrate the beginning of a new journey made of dreams and desires that become reality

in the places and woods that preserve one of the most beautiful stories of our spirituality:
the story of Francis of Assisi and his companions on the journey and in search

A story that speaks of simplicity and renunciation
that invites us to half-close our eyes
to see and discover the Beauty that surrounds us and that is called Life

Guests in an ancient farmhouse exclusively for us,
immersed in the beauty of the Tuscan landscape
between San Sepolcro, Arezzo and nearby Umbria,
surrounded by woods and olive groves
a short distance from the 2 most important Hermitages in the spiritual heart of Italy:
the Sacred Hermitage of La Verna, the only Hermitage that Francis of Assisi received as a
gift from Count Orlando di Romagna and the Sacred Hermitage of Camaldoli.

Here we are on the edge of the Casentinesi Forests, one of the most beautiful national
natural parks ever, known as

the "Path of the Sacred Forests"

Here the Winter is magical
often the forests are whitened by an immaculate blanket of snow that makes the Walks
towards the Hermitages true pilgrimages in the company of Silence, where the Beauty and
Energy of Nature meet us little human beings.

We will cross together the Passage from the Old to the New Year,
enveloped in the fairytale atmosphere of the Christmas holidays
that in these places takes us back centuries
to when Francis of Assisi created the 1st Nativity Scene.

I love these places very much and I feel like I am part of all this...

It is here that I am waiting for you

to offer Yoga to everyone,

the great Yoga that was given to me many years ago

the great Yoga that belongs to no one and that continues to flow from heart to heart,

the ancient Yoga of millennia and millennia that humbly wants to give every human being the key to reach our true home:

our heart

Francesca

and then...

Us & You

YOGA MEDITATION & SPIRITUALITY

ATMOSPHERE AND MAGIC OF THE CHRISTMAS HOLIDAYS

RELAXATION & HOLIDAY MENUS

SNOWSHOEING ON 1ST JANUARY

ASSISI CITY OF PEACE AND MEDITATION

LA VERNA

THE SACRED FOREST AND FRANCIS' HERMITAGE

800 years of a history still viva

SPIRITUALITY AND IMMACULATE NATURE OF THE CASENTINESI FORESTS

Walking in the Silence of the woods and snow

A BEAUTIFUL CHARMING ELEGANT TUSCANY FARMHOUSE

A true natural and landscape wonder, it is located 20-30 minutes away by car from the farmhouse, the quiet and peace of these forests leave its visitors enchanted, who in addition to walking in these centuries-old woods can gather in prayer in the places of worship of the park,

such as the Hermitage of Camaldoli and the Convent of La Verna.

Devotion in the National Park

Camaldoli and La Verna have been mentioned several times.

These two places of high spiritual value and international fame are a jewel in the crown of the Casentinesi Forests National Park.

Two places united by their devotional aspect, separated by the philosophy that guides them. The first, founded in the second decade of the 11th century by San Romualdo, follows the Benedictine rules. The second was born and grew almost spontaneously from the second half of the 13th century on that rugged mountain so dear to San Francesco. Symbols of the diversity of these two places are the forests that surround them: ordered, cared for, directed towards productivity, that of Camaldoli and left by the spontaneity of Sister Nature, that of La Verna

THE CONVENT OF LA VERNA

A unique combination of spirituality and natural beauty

The Sanctuary of La Verna is a sacred place nestled in the heart of the Casentino Forests National Park, in the splendid region of Tuscany. This sanctuary is famous for being the site of the Stigmata of San Francesco d'Assisi in 1224.

Located among the forests of the National Park, the Sanctuary of La Verna offers visitors breathtaking views and a deep connection with nature.

The surrounding mountains, including Mount Penna, offer picturesque trails and unforgettable hiking opportunities. The forests rich in fauna and flora represent a natural sanctuary of rare beauty.

In addition, the Sanctuary of La Verna is enriched by the splendid glazed terracottas of Andrea della Robbia, which decorate the walls and altars of the sanctuary.

These Renaissance works of art depict sacred scenes and religious symbols, creating a unique atmosphere of devotion and spirituality.

Majesty of nature and sacred art in one of the most fascinating places in Tuscany ...

www.laverna.it/il-santuario/#foresta

HERMITAGE OF CAMALDOLI

Hermitage is a Greek word meaning desert...

Therefore, the structure of the Sacred Hermitage is inspired by the spirituality of the desert fathers: monks who retreated since the first centuries of Christianity to the deserts of Syria, Palestine, Egypt to live a daily life woven with prayer, silence, solitude, work, staying in a cell, etc.

Romualdo, around the year 1025, founding the Sacred Hermitage of Camaldoli, refers to the architecture of the Eastern Laura. It is a cluster of hermit cells with a church for common prayer. At the beginning there were five cells, now the cells of the Sacred Hermitage of Camaldoli are twenty and are distributed in five rows that wind beyond the gate of the enclosure. The most recent cell dates back to 1743. In addition to the hermit cells, the hermitage complex is composed of common buildings that house the library, the refectory, a small guesthouse and spaces for groups, meetings and personal prayer.

The History

This is how the Sacred Hermitage of Camaldoli was born. Around the year 1025 the monk Saint Romuald of Ravenna, having received as a gift from the bishop of Arezzo Teodaldo di Canossa (uncle of the more famous Matilda), a plot of land in a very solitary place in the Tuscan-Romagnolo Apennines, founded the Hermitage, having the church built with the first five hermit cells. Romualdo thus interprets the need for a life in solitude by organizing it in a community-type structure, including a community of brothers guided by a rule and a prior and providing for some shared moments alongside the solitude of the cell. Some time later, three kilometers further down the valley, the Hospice (the future Monastery) will be built, initially placed as a bastion to the silence and solitude of the Hermitage. (the future Monastery), initially placed as a bastion to the silence and solitude of the Hermitage...

www.camaldoli.it/comunita-monastica/sacro-eremo

The Casentinesi Forests National Park,

Monte Falterona and Campigna

Almost 37,000 hectares of superb nature with two important places of faith such as Camaldoli and La Verna set within. Furthermore, much history, art and architecture present in characteristic villages characterize this large naturalistic area located on the Tuscan-Romagnolo Apennines. All this, together with hundreds of kilometers of paths of all levels of difficulty, are a beautiful presentation of this great green lung, and at the same time an enticing invitation to visit it, or rather to experience it.

Thus, in a few lines, the National Park of the Casentinesi Forests, Monte Falterona and Campigna could be defined.

This National Park, which was established in 1993, went to occupy naturalistic excellences already very well known and appreciated by lovers of the mountains and trekking. We are talking about the Camaldolese Forests cared for for centuries by the monks of San Romualdo; those monumental and called sacred because they are located around and on the raw Sasso della Verna; the boundless chestnut, fir and beech forests on Monte Falterona and in the Campigna Forest.

It is difficult to recommend the best period to visit the park.

Certainly summer is the season that sees the greatest number of presences, also due to the desire and need to get away from the heat and chaotic city life. But the most beautiful and fascinating surprises and shows the Park certainly offers in the other seasons.

In spring we can walk along its paths accompanied by the pale green of the new leaves of the beech trees and by many other colors offered by the many types of flowers. This season is also characterized by very pleasant sounds such as that of ditches and streams still full of water and the incessant chirping of many species of birds.

Autumn offers us very warm colors: yellow, orange, red. Colors that become very bright and almost blinding when they are illuminated by the direct rays of the sun, or very faint when they are filtered by the first mists. The most characteristic noise of autumn in the forest, which attracts a specific type of tourism, is the powerful roar of the male deer in love that begins at dusk and ceases at the first light of dawn.

Winter..

for the forests of the park, is the season of silence.

It seems like an invitation to reflection, to be with oneself. We are not confused by the many colors because everything is transformed into a sort of gray scale. Inside many woods the perspectives change because in the absence of leaves the visibility in the forest is much greater, deeper. With snow everything becomes surreal, even more bichromatic. The contrast between light and dark becomes very strong. The snow, the ice the hoarfrost, moreover, offer us unexpected spectacles. From the play of light with blinding reflections, to certain sculptures shaped by the wind of incredible beauty that will be difficult to forget.

A quote by Marcel Proust says: "the real voyage of discovery consists not in seeking new places, but in having new eyes".

With this assumption the National Park will never stop showing itself. Even if we repeat the same path, we will see new things, new colors each time. Different emotions will accompany us even on the same journey. Our gaze can be attracted by things that are on the ground: flowers, rocks, roots, shrubs of the undergrowth. As well as by the aspects that are above us: majestic plants that soar towards the sky, their branches that intertwine with each other creating real artistic forms. The variation of the light shapes everything around us in a different way.

These situations are a real delight for nature photography lovers. The best, most patient photographers who know the secrets of the forest can also photograph the fauna: many types of birds, roe deer, fallow deer, red deer, wild boars, and the coveted wolf.

We mentioned Camaldoli and La Verna at the beginning.

These two places of faith of international fame, with their spirituality, their history and their art are true jewels set in beautiful nature.

Then there are several other towns and small villages. Among these Badia Prataglia, where you can visit the church of the ancient abbey; Serravalle; Moggiona, the town of the "bigonai"; Campigna, on the Romagna side, which was a holiday resort and hunting reserve of the Grand Duke of Tuscany Pietro Leopoldo di Lorena.

The Casentinesi Forests have a history closely linked to Camaldoli that began in the 12th century. It was the monks of this order who began to care for them and make them productive by planting fir trees. Already in the fourteenth century these plants were stored

during the summer in two ports along the Arno in Pratovecchio and Poppi. When the waters of the river began to swell in autumn, the fir trees began their river journey towards Florence. The long trunks were used for the beams of the cathedral and other churches. Other fir trees continued their journey to Pisa where they were used for the masts of ships in the shipyards of this maritime city or reached other nations to be used generally for the same purpose.

The fir trees of the Casentinesi Forests have certainly participated in various events in European history..

Simple Prayer

Oh Lord, make me an instrument of your peace

where there is hatred, let me bring love

where there is offense, let me bring forgiveness,

where there is discord, let me bring union,

where there is doubt, let me bring faith,

where there is error, let me bring truth,

where there is despair, let me bring hope,

where there is sadness, let me bring joy,

where there is darkness, let me bring light.

Master, let me not seek so much

to be consoled, as to console,

to be understood, as to understand,

to be loved, as to love.

For it is

by giving, that one receives,

by forgiving, that one is forgiven,

by dying, that one is resurrected to eternal life.

Saint Francis of Assisi

Program (general)

NEW YEAR'S EVE

28 DECEMBER - 2 JANUARY

28 December

arrival and accommodation in the room from 4 pm

16.30-17 Tea and spices of the Holidays

18-20 Presentation of the Program:

On the Way to the New Year - Yoga and Meditation

20.30 Veg dinner of the holidays

Tea spices and sweets of the Holidays in front of the fireplace

29 December

07-09.30 Mantra Sadhana - Morning Yoga: asanas and pranayama

9-10 Breakfast

Relaxation, free time / Walks in Silence / Festivities of the Villages

17-18 Tea and spices of the Holidays

18-20 Yoga and Meditation

20.30 Veg dinner of the holidays

Tea spices and sweets of the Holidays in front of the fireplace

30 December

07-09.30 Mantra Sadhana - Morning Yoga: asanas and pranayama

9-10 Breakfast

Relax, free time / Sacred Hermitage of La Verna & Silent Walk

17-18 Tea and spices of the Holidays

18-20 Yoga and Meditation

20.30 Veg dinner of the holidays

Tea, spices and sweets of the Holidays in front of the fireplace

31 December

07-09.30 Mantra Sadhana - Morning Yoga: asanas and pranayama

9-10 New Year's Eve Breakfast

Relax free time - Silent Walks / Holidays in the Villages

16-17 Tea and spices of the Holidays

17-20 Meditation for the End and Beginning of the Year

Havan Prayer to the Fire

20.30 Aperitif and New Year's Eve Dinner

then in Silence and together towards midnight

Mantras, Songs and Lights for the Welcome to the New Year

January 1

07-09 Meditation for the Beginning of the Year

Havan Prayer to the Fire

09-10 Breakfast of January 1

Relax free time - Walks of January 1/Assisi of the Holidays

17-18 Tea and spices of the Holidays

18-20 Yoga and Meditation of the Beginning of the New Year

20.30 Dinner of the Beginning of the New Year

Tea, spices and holiday sweets in front of the fireplace

January 2

07-09 Sankalpa and Mantra Sadhana - Morning Yoga: Asanas and Pranayama

Conclusion of the Program

09-10 Breakfast

10-12 Greetings and departures

free time and basic program same as January 1

EPIPHANY

3-6 JANUARY

3 January

program based on the previous days.

Arrival and accommodation in the room from 2:00 p.m.

4:00-5:00 p.m. Tea and spices for the holidays

6:00-8:00 p.m. Presentation of the program - Evening yoga and meditation

8:30 p.m. Veg dinner for the holidays

Tea, spices and sweets for the holidays in front of the fireplace

Rest

4 January

7:00-8:30 p.m. Morning yoga: asanas and pranayama

9:00-10:00 p.m. Breakfast

10:30 p.m. Relaxation free time - Sacred Hermitage of Camaldoli/Silent Walks/

4:00-5:00 p.m. Tea and spices for the holidays

6:00-8:00 p.m. Evening yoga: asanas, pranayama and meditations

8:30 p.m. Veg dinner for the holidays

Tea, spices and sweets for the holidays relaxation in front of the fireplace

Rest

5 January

Prayer to the Fire Mantras and devotional songs for the beginning of the New Year

7:00-9:00 p.m. Prayer to the Fire and morning yoga: asanas and pranayama

9:00-10:00 Breakfast

10.30 Relax free time - Silent Walks / Festivities in the Villages / Assisi and Gubbio of the Holidays

16-17 Tea and Spices of the Holidays

18-20 Evening Yoga: asanas and pranayama

20.30 Veg dinner of the holidays

Tea spices and sweets relax in front of the fireplace

Rest

6 January

07-09 Sankalpa and Mantra Sadhana - Morning Yoga: Asanas and Pranayama and Conclusion of the Program

09-10 Breakfast

11-12 Greetings and Departures

with the participation of our

OM HOME RESTAURANT

VEGETARIAN VEGAN ORGANIC

BOOKINGS MAXIMUM BY 30 NOVEMBER

(subject to availability!)

SUPER OFFER!!!

10% discount for

BOOKINGS BY OCTOBER 15

but given the date and the limited availability of rooms in a private villa it is recommended to book as soon as possible!

The dependance rooms are few and the availability is very limited!

!

COSTS (PER PERSON)

ONLY NEW YEAR'S EVE

28 DECEMBER-2 JANUARY (5 nights/6 days)

SINGLE ROOM WITH PRIVATE BATHROOM €1190

DOUBLE ROOM WITH PRIVATE BATHROOM €790 per person

TRIPLE ROOM WITH PRIVATE BATHROOM €690 per person

Long NEW YEAR'S EVE

28 DECEMBER-3 JANUARY (6 nights/7 days)

SINGLE ROOM WITH PRIVATE BATHROOM €1290

DOUBLE ROOM WITH PRIVATE BATHROOM €890 per person

TRIPLE ROOM WITH PRIVATE BATHROOM €790 per person

ONLY EPIPHANY

3-6 JANUARY (3 nights/4 days)

SINGLE ROOM WITH PRIVATE BATHROOM €790

DOUBLE ROOM WITH PRIVATE BATHROOM €650 per person

TRIPLE ROOM WITH PRIVATE BATHROOM €590 per person

Long EPIPHANY

2-6 JANUARY (4 nights/5 days)

SINGLE ROOM WITH PRIVATE BATHROOM €890

DOUBLE ROOM WITH PRIVATE BATHROOM €690 per person

TRIPLE ROOM WITH PRIVATE BATHROOM €650 per person

LONG PROGRAM

NEW YEAR'S EVE & EPIPHANY

28 DECEMBER-6 JANUARY (9 nights/10 days)

SINGLE ROOM WITH PRIVATE BATHROOM

€1690

DOUBLE ROOM WITH PRIVATE BATHROOM

€1190 per person

TRIPLE ROOM WITH PRIVATE BATHROOM €950 per person

THE PRICE INCLUDES:

STAY, YOGA PROGRAM, BREAKFAST AND DINNERS.

APERITIF, DINNER AND NEW YEAR'S EVE TOAST (WITH AJNI VEG RESTAURANT).

MEDITATIONS AND DEVOTIONAL SONGS WITH HARMONIUM,

PRAYER TO THE FIRE.

TRANSFER ROUND TRIP ASSISI STATION/MAGRANO CASTLE

(DURING COMMON TIME AND ON OFFICIAL DATES).

ONE ROOM CLEANING AND CHANGE OF LINEN MID-WEEK FOR LONG STAYS OF MINIMUM 6 NIGHTS.

CSEN MEMBERSHIP CARD 2024-25.

TOURIST TAX.

THE PRICE DOES NOT INCLUDE:

TAXI AT DIFFERENT TIMES / DAYS / EXCURSIONS.

EXTRA CLEANING AND LINEN CHANGE (OPTIONAL - COST €15 EACH TIME - extra cleaning and linen changes must be requested at the time of booking).

ENTRANCES TO MUSEUMS, CHURCHES, SNOW EXCURSIONS ORGANIZED IN LA VERNA

BOOKINGS

MAX BY NOVEMBER 30

SUPER OFFER!!!

10% discount for

BOOKINGS BY OCTOBER 15

To participate in the residential Yoga Programs it is necessary to:

fill out the appropriate registration form at

Francesca Marchi Scuola di Yoga

Associazione Sportiva Dilettantistica e Ente di Promozione sociale e culturale

affiliated with CSEN

+ €350 deposit

by bank transfer (the bank transfer details will be communicated at the time of booking)

sending a copy to:

francescamarchiyoga@gmail.com

SMS or whatsapp to +39 3480806129

In case of cancellation for justified reasons, the deposit will be refunded in full with a Voucher to be used for another Yoga Retreat 2025.

The balance must be paid by bank transfer

maximum by NOVEMBER 30

The balance is not refundable.

We are at your disposal for any request or clarification to facilitate your reservations and...
simply We are waiting for you!

INFO AND RESERVATIONS