



FOREST BATHING & ANUSARA® YOGA RETREAT
APRIL 16-19, 2020

DAY 1: ARRIVAL DAY

Afternoon - Welcome and introduction
Restorative Poses, Pranayama and Relaxing
Retreat kits will be distributed to participants at the close of the session

DAY 2

Morning - Forest Bathing in the Estate Woods
Afternoon - Anusara® Yoga: Asana, Pranayama and Introduction to Meditation

DAY 3

Morning - Anusara® Yoga: Asana, Pranayama and Introduction to Meditation
Afternoon - 5° Experience: This session begins with a bioenergetic seminar at a sacred historical site where participants will learn how ancient knowledge helped determine ideal locations for building constructions. Afterwards, the therapeutic powers of green spaces and tree hugging will be considered during a stroll through the Tuscan hills and woodlands

DAY 4: DEPARTURE DAY

Morning - Forest Bathing and Anusara® Yoga in the Estate Woods
Purnahuti Celebration and Closing Ritual



For more information, please refer to our Reservations Department at
cdelbosco.reservations@rosewoodhotels.com or +39 0577 1913152

