

# YOGA HOLIDAYS IN THE DOLOMITES, ITALY

Cassera Caviazza, Dolomiti Bellunesi

19/ 27 August 2017



*In a really calm and welcoming environment totally surrounded by green fields and cute cows we are going to try to go back to the nature. A journey through the self-consciousness of us guided by yoga sessions, outdoor meditation, acroyoga practices, Thai yoga massages, yoga vinyasa, flow yoga, chanti, ashtanga workshop and kalarippayattu introduction.*

*. We will try to invite our souls going back to their natural rhythm, to the essential state of our existence finding a connection between our body, mind and the environment.*

## **FLOW YOGA**

Flow Yoga follows the teaching of the Therapeutic Hatha Yoga and the Awakening of the Vital Energy (based on the optimization of the health and on an all-level body, mind and spirit wellness, mixing the ancient science of yoga with the modern techniques body-mind). The Yoga Vinyasa (from the Sanskrit, it means "step by step") method is characterized by the fusion between breath and movement, it's an energetic and creative practice which allows us in gaining strength and flow, combining asanas (positions), music and spontaneous movement and it will help us reaching our targets.

## **SHIVA FLOW**

Shiva flow is a contemporary style of Yoga founded by Silvia Romani. The practice which is based on an uninterrupted flow of movement from one asana to another represents a Myth or legend of the vedic tradition.

The main feature of the sequences are:

- . coherence of the sequence with the narrated myth
- . asana progression to get to the main posture of the sequence
- . flow of movements

With M: Paula Medina

Therapeutic Hatha Yoga teacher and partner of the IYT Integrative Yoga Therapy c/Mindful Yoga Therapy, Yoga for kids (Balyayoga method) and educative Yoga. Since 2016 is also Shiva Flow, Yoga Vinyasa teacher. Her aim is to spread and share the yoga practice outdoor, searching the contact with nature, following an healthy nutrition and dedicating herself to eco-creative activities with young and adults. All this searching to maintain a good life-ethic and a respectful relationship with the environment. More about Paula: [www.indolomites.com](http://www.indolomites.com)  
<https://www.facebook.com/INdolomites/> Instagram: mariapaula5935

## **SINGING IN CIRCLE**

The Yoga of Sound or Mantra Yoga is a path that through songs and awareness techniques leads us to a deep relaxation and to the rediscovery of our harmony.

Massimo Kyo Di Nocera

Musician and author, founder of the "Music is Love" project whose meditation root ends in the reality in various experiments, such as singing in circle, the production of CDs and concerts.

More about Massimo's work here <http://cantomeditazione.blogspot.it/>

## **ACROYOGA and THAI YOGA MASSAGE**

Let's discover together the joy of contact and share through the trust. Acroyoga was born in California in the 90s by the fusion of elements of Yoga, acrobatics and Thai Yoga massage. The practices that we will do together will have the aim to introduce the discipline to all the newbies in all her aspects: from the more acrobatic style to the more relaxing one, always searching for sintony and safety.

Acroyoga is good for everyone, it has no side effects, but can cause strong addiction! And after the acrobatics we will search for some relax with the Thai Yoga massage, an ancient discipline that will help us in the detension trough a massage that uses body weight and body lines, without any use of strenght.

With Matteo Bagatella

Matteo Bagatella's addiction to Acroyoga starts in 2015 in Udine. Caught by the beauty of this discipline he begins to take part in workshops and intensive retreats in order to reach a deeper level in the practice and learn better techniques. in 2016 he moves to Spain, in Valencia where he

continues his formation with David Barreto and Eva Lopez, discovering a new approach to the discipline. He starts here also getting closer to Vinyasa yoga, under the teachings of David Barreto. Coming back to Italy he continues his formation in Udine with Marta De Fanti while starting as well a study group in Pordenone and another one in Belluno in order to share his knowledge to those who want to get closer to the discipline. His main aim is to promote the contact within the people, to make them feel the joy of flying and being flyed, maintaining an high safety-level in the practice.

More about Matteo  
<https://www.facebook.com/matteo.bagatella?lst=1153476131%3A1217584450%3A1493627039>

## **ASHTANGA VINYASA WHORKSHOP**

Ashtanga Vinyasa is an ancient yoga system codified by Maestro Pattabhi Jois. Vinyasa means breath synchronised with movement. Vinyasa produces heat, maintains the flow of energy in the spinal column, purifies the body and supports blood flow, aiding in the elimination of toxins. The practice of Ashtanga Vinyasa Yoga increases the strength and flexibility of the body and leads to greater mental focus.

These are the four jewels of Ashtanga: Ujjayi (deep resonant breath), Bandha (control of the parts of the body), Dristhi (gaze), Vinyasa (the awareness of being present in movement when the latter is united with the breath).

## **INTRO AL KALARIPAYATTU**

Kalaripayattu is an ancient martial art from the south of India and is considered to be the mother of all martial arts. On the one hand it is a true defense/offense technique and on the other it works on the capacity to control aggressiveness, developing total coordination between the mind and body. The practice is similar to yoga in many ways and is focused on the individual, with the aim of tuning into the needs and developing the resources of each person. The body is progressively liberated from tension, physical obstacles and impurities, which stimulates the capacity for self healing.

With Tommaso Valentini

Since 2005 Tommaso has spent long periods of time in India, first training in Hatha Yoga and Kalaripayattu, then dedicating himself to training in Ashtanga Vinyasa Yoga. He conducts seminars and courses in Italy and India.

For more information on Tommaso: <http://kalari.xoom.it/>

<https://www.facebook.com/tandava.kalari?ref=ts&fref=ts&qsefr=1>

## **THE FOOD**

Meals will be vegetarians or vegans, with local products for the most. Particular diet-necessity, such as allergies or intollerances, if signalized before, will be satisfied. The cuisine is really good and tasty, with traditional recipes and reformulations of local dishes with a particular attention on the equilibrium of the meals.

## **PROGRAMMA**

19/22 Agust- FLOW YOGA, CHANTI, MEDITATION AND CREATIVE EXPLORATIONS with Massimo Kyo Di Nocera and Maria Paula Medina.

22/25 Agust- ACROYOGA, THAI MASSAGE AND YOGA with Matteo Bagatella and Maria Paula Medina

25/27 Agust- ASHTANGA YOGA VINYASA AND KALARIPAYATTU with Tomasso Valentini

## **WHERE**

Casera Caviazza (1887 m a.s.l.) is part of Malga Caviazza still used for the summer grazing of bovines from the agrituristic farm "Busa dei Sbrase" located in the nearby of Agordo. Totally immersed in the beauty of the green fields of Val Bios, it's a building that was built in the first half of the last century. It is made by porphyry rock and larch wood that is marked by the years, the history of the alpine architecture and the life experiences of many families. Recently renewed with passion by the De Toffol family, the house offers the necessary and minimal comfort for a really nice stay also during winter; there are a wood-heating system and also radiative panels. Upstairs we find a big room with 10 single beds equipped with a warm duvet, and a bedroom with two beds, a living room with a big table, able to host all the guests of the house, and a small fireplace. There are also a small kitchen and a bathroom with a shower. Outside we have to possibility to use a big recently made larch wood terrace, with a wonderful view of the dolomites (in particular mt. Civetta, Pale di San Martino, Focobon and the most western one, the Mulaz mt.) . The trees that were used to build this terrace come from the same place in which new trees have been planted. A sustainable use of the rough material that this place offers. There is also a covered space for meditation sessions in case of bad weather.

web : <https://www.indolomites.com/baita-del-gigio-piccol>

## **FEE**

**870 euro (in the 10-bed room)**

### **Covered by the fee:**

- . Full room and board: vegetarian cusine with local and bio products
- . Walking and Yoga lessons in the early morning: Flow Yoga or Ashtanga yoga
- . Halfway through the morning there are classes: Meditation, Acroyoga and Ashtanga yoga.
- . In the afternoon: Shiva Flow, Kalaripayattu introduction and Thai Yoga Massage.
- . Subscription-fee to the Anima Yoga association
- . Walk in the nearby of the casera

### ***How to reach the place***

Casera Caviazza (1887 a.s.l.) is situated in the village of Caviazza, into the Valles valley, which starts in Falcade and ends up in the Valles pass. Not far from here there are the ski lifts of Falcade and the Rifugio Le Buse.

By train: reach Belluno's train station, where there is also the bus station, take the bus to Falcade, then we will come to get you.

By car: from Belluno-Agordo-Falcade keep direction nord for 48 km. From Bolzano in direction of Moena- San Pellegrino pass, then follow indications to Molino. Meeting point : the ski lifts parking at latest by 4.30pm.

By fly: the most nearer airport is Venice airport 143 km or Treviso airport 133 km, from the airport you can take a friend taxi or a train to Belluno and then bus to Falcade.

When you are in Falcade: You can take the ski lift (not included in the price) and reach the casera in 15 minutes. Or with a taxi service until Valles pass, and then we start to walk a very easy route (20/30 min).

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