



SHANTI शान्ति

YOGA RETREAT IN ENGLISH

23-27 MAY 2025
CASA DELLA PACE UMBRIA

RETREAT

Five days in the idyllic setting of Casa della Pace to detox, recharge and reconnect with your blissful Self. Five days to explore Sadhana, our physical and spiritual Practice. Yoga, pranayama, silent walks, chakra healing, yoga philosophy.

LOCATION

Casa della Pace, Sant'Andrea (Perugia)
<https://www.casadellapace.org/english/>

TEACHER

Cristina is a 500h certified yoga teacher who has trained in Mysore and Rishikesh. She is a committed practitioner who sees yoga as an invaluable tool to tap into our spiritual essence while improving wellbeing on different levels. Cristina teaches Yoga in English in Bologna and online.

CONTACT

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PROGRAM

23/05 Arrival | 17>18 Intro |
18>19.30 Yoga | 19.30-20.30 Dinner
24-25-26/05 7.30>9.00 Yoga | 9-10
Breakfast | AM Activity | 13.15>14.15 Lunch | PM
Activity | 18-19.30 Yoga | 19.30-20.30 Dinner
27/05 7.30>9.00 Yoga | 9-10 Breakfast | AM
Activity | 13.15>14.15 Lunch Departure

PRICES PER PERSON

5 Days/4 Nights - Full veg board
3 meals included + fruit & herbal tea

ROOM OPTIONS (subject to availability)

double room : 300€

single room : 380€

triple room : 280€

yurt double : 260€

yurt single : 340€

YOGA & activities led by Cristina (5 days)

FULL PRICE 170€

SPECIAL PRICE** 120€

**for regular practitioners/ students who've attended previous retreats

DEPOSIT 120€ required to confirm your spot

What's not included:

Transport

Special Practice of Silence (donation based)

