



“YOGA AND FAMILY CONSTELLATIONS”

letting go, remove, replace, and welcome a new paradigm
residential retreat



11 - 18 of May 2024

“Mediterranean Retreats Center”

lesvo Island, Greece

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I LET GO AND PREPARE TO WELCOME THE NEW

The ancient sages, and no less the Buddha Gautama Shakyamuni, teach us that the greatest cause of suffering is represented by the almost innate tendency to attachment. Everyone, more or less, creates a holographic image of themselves, an image that is inevitably influenced by dysfunctional learning processes and traumas that we may have experienced firsthand or that have involved members of our family circle.

We hardly recognize these entanglements because we mostly react by implementing automatic responses based on acquired patterns and experiences. For this beginning of the year 2024, we have decided to deploy innovative energies that can help you to let go of thought/behavior patterns that are no longer current and useful with a certain effectiveness. With the practice and knowledge derived from yoga we will learn useful techniques to energize and activate the "change mode", with the Family Constellations however, you will be given the opportunity to work on your personal dynamics and behavior/thought patterns that prevent your growth and evolution.

WHAT ARE FAMILY CONSTELLATIONS

Family constellations take place in a group whose members serve as representatives in the staging of a theme or situation that one wants to observe. The dynamics between the various representatives brings out the movements of the soul that indicate a possible solution.

Represent a role in a

constellation is an experience that helps those who are represented to observe what is, those who represent to perceive a dynamic from within and those who observe for the empathy that is generated. Bert Hellinger, the creator of family constellations, calls this sense of connection, perceived by group members, the morpho-genetic field. Current problems and difficulties can be influenced by trauma suffered in previous generations, even if the people involved are not aware of it. The sense of knowledge that comes from the process is shared among all members of the group.

*“ENERGIZE YOUR DESIRE FOR CHANGE,
ROOTING YOU IN THE PRESENT MOMENT”*



MEDITERRANEAN RETREATS CENTER

The building, which today has been completely converted into a center for yoga and study of energy and healing practices, was originally a traditional Greek tavern and small hotel. The facility, which overlooks the Gulf of Kalloni (the sea is only a few meters from the house), is completely secluded and nestled in an exceptionally beautiful natural setting. This area is a paradise for all birdwatchers who come to the island, especially in the spring months, from all over the world to admire pink flamingos, black and white storks, peregrine falcons and many other migratory birds of rare beauty. The gulf is an important breeding area for many fish species that make this stretch of sea teeming with life. Its location, the natural setting in which it is located, the peace, the silence and the strength of the elements, make this an ideal place to totally immerse oneself in the study and practice of the various disciplines, leaving behind all the physical and emotional burdens that normally crowd our existences.

THE TYPES OF ACCOMMODATION

The center provides five rooms with bathrooms, and we also have another five rooms with bathrooms available 800 meters away. We offer accommodations in double rooms with single beds and in single rooms (for an additional charge).



THE FOOD

All meals are carefully prepared by our staff directly in the large kitchen available at the center. The raw materials and ingredients, all locally produced, are of the highest quality because they are grown in a healthy, unpolluted environment on nutrient-rich lava soil. Meals include breakfast, lunch and dinner. Plenty of fruit from our garden, herbal teas, water and various beverages are available throughout the day. Meals are vegetarian/vegan based with a strong middle eastern flavour.

THE ISLAND

This island, despite being a UNESCO World Heritage Site, does not have a tourist attendance comparable to other Greek islands such as Santorini, Mykonos or Rhodes. Lesvos is no less a generous and independent island, with its own well-defined profile in the Greek economy and full of interesting things to discover and, of course, to enjoy. It is the home of Sappho (a famous poetess of the classical period), the best Hellenic olive oil, the undisputed capital of ouzo, retsina (local flavored wine), boasts a curious and unique petrified forest, and its capital, Mytilene, is rich in historical vestiges and has a great student life that enlivens it even during the long winter months.

The island's nature is lush and bountiful: millions of olive trees alternate with dense forests, but also leave room for desolate valleys and barren mountains. And then there is the endless coastline, for long stretches unknown to mass tourism, lonely but welcoming, familiar only to the nearly 300 species of migratory birds that choose to stop here each year. Lesvos is an island where Greek daily life is not dazzled by the easy money and somewhat kitsch of boorish and naive tourism. It lives its routine with optimism and appreciates the fact that those who come here have not chosen their destination at random.

HOW TO GET THERE

Lesvos is located in the archipelago of islands in the northeastern Aegean and is the largest of the group in size. Because of its importance, it has very easy connections to Athens, where there are several internal flights every day throughout the year. If you want to save money, there are

good connections by ship, always every day of the year. Ships also stop in Chios and often go as far north as Thessaloniki. From some European countries you can fly directly to Lesvos, which has a small but modern international airport. If you cannot find a direct flight to Mytilene, fly to



Athens and from there take another flight to the island.

THE BEACHES

Like the traditional villages, Lesvos' beaches are numerous, indeed, virtually endless. From miles of sand and pebble beaches to quiet coves, one is spoiled for choice. The most famous are basically four, all far apart in terms of area. To the south, around the village of Plomari, is Agios Isidoros; to the north, just below Molyvos, is Petra. The most famous beach in the western part of Lesvos is Skala Eressous, while along the same coast, but on the opposite side, is Vatera beach. All very extensive and all with ample space to relax without crowds even in the middle of August.

DAILY PROGRAM

We will start every morning practicing yoga, pranayama, meditation and chanting. After breakfast until lunch we will work with Family Constellations.

08,00 - 09,30 Asana, Pranayama, Meditation and chanting

09,30 - 10,30 Breakfast

10,30 - 13,00 Family constellations

13,00 - 15,00 Lunch and free time

In the afternoon we will visit the main sites of natural and historical interest of the island, we will offer you a chance to enjoy some bodywork and chanting in the natural hot springs of Mytilene built by the Ottomans. We will visit the petrified forest, the reason why the island of Lesvo has been declared UNESCO heritage.

Two evenings will be dedicated to the practice of restorative yoga, sound healing and chanting.

COST

Total cost for a week of yoga and Family Constellations in shared accommodation is 600€.

The price include: The yoga lessons and family constellations, three meals per day, transportation during the all period including transfer from and to the airport.

Not included: Your flight, the extra meals we may consume in the delicious local taverna, the entrance in the museums or hot springs.

TEACHERS

PIERO BIANCIARDI

Piero attended medical school in Siena for five years, dedicating himself at the same time

to Yoga, in particular Hatha Yoga and Viniyoga, taiji quan and Shaolin Chuan under the guidance of M° Chang Dsu Yao and shiatsu with Clemente Cocchiola and acupuncture with Prof. Guyen Vanghi in Florence. he studied contemporary dance with maestro Dominique Dupuis, contact dance and Gurdjeff's movements and Sacred Dances with Shurta. He obtains the 1st dan of Taiji Quan and shaolin chuan with master Chang Dsu Yao and the Yoga teacher diploma at the EFOA School in Rome with Francoise Berlette and his certification as Shiatsu practitioner. He obtained the "motor activities practitioner" qualification diplome at the school of medicine at the university of Siena and the qualification as a Feldenkrais practitioner at Feldenkrais method-Florence. for many years he taught Yoga and Feldenkrais in Siena and in the Chianti area developing his own yoga methods: Feldenyoga and Feldenwater. He practiced and studied Dong Style Taiji Quan with master Alex Dong and Aikido at the Renwakai School with M° Massimilano Perini and M° Alain Tendron to the degree of 2' dan. He dances tango and studies it with various teachers including Chicho Frumbuli and Pablo Moyano. He obtained the Systemic Family Constellator diploma at Bert and Marie Sophie Hellinger's School. He teaches as an assistant trainer of the Feldenkrais Method in Siena and Florence and as a teacher in various training courses in Italy and around the world.

MASSIMO CANTARA

Massimo graduated as a Yoga teacher (500h) with the international SYM school of which he was also a teacher, he also holds a diploma in Yoga Therapy (300h) with Vasistha Yoga Foundation in Kerala, India. He has been teaching at his own center in Italy since 2010 and is a founding member of "Three Treasures Yoga," an international teacher training school. In addition to his professional activities as a practitioner in Bio-Natural Disciplines and as a Shiatsu Teacher, in 1999 he founded the Holismos arts for health center, a center for the dissemination and practice of Bio Natural disciplines, including Yoga, of which he is the director. In 2016 he founded together with Sara Della Torre the Holismos Yoga and Wellness Center in Varese. Cranio Sacral Balance Diploma, Kinesiologist, Shiatsu Operator, Yoga Teacher. In 2020 he debuts with his music CD "Elemental World" on a sonic journey through the 5 elements. In 2021 he published his book "Hospital without Pain" Bio-natural disciplines in the hospital context Ed. Epigraphia, Salus series.

