

# **“YOGA, FELDENKRAIS, MEDITATION”**

## **15-22 JUNE 2024**

**EXPLORE MOVEMENT AND DEEP LISTENING  
WHILST BEING IMMERSSED IN THE SILENCE OF  
LESVOS ISLAND**



**Mediterranean Retreats Center**

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## MEDITERRANEAN RETREATS CENTRE

**THE BUILDING, ORIGINALLY A TRADITIONAL GREEK TAVERN AND A SMALL HOTEL, HAS BEEN RECENTLY RENOVATED AND TRANSFORMED INTO A YOGA CENTRE WITH A FOCUS ON ENERGETIC AND HEALING PRACTICES. THE BUILDING, WHICH FACES THE KALLONI GULF, IS LOCATED A FEW METER AWAY FROM THE SEA AND IS COMPLETELY ISOLATED AND IMMERSSED IN NATURE. THIS AREA IS A HEAVEN FOR ALL BIRDWATCHING ENTHUSIASTS WHO, ESPECIALLY IN SPRING, COME TO THE ISLAND 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 WHICH MAKE THIS STRETCH OF SEA TEEMING WITH LIFE. ITS POSITION, THE NATURAL CONTEXT IN WHICH IT IS LOCATED, THE PEACE, THE SILENCE AND THE STRENGTH OF THE ELEMENTS MAKE IT AN IDEAL PLACE TO IMMERSE YOURSELF IN THE STUDY AND PRACTICE OF THE VARIOUS DISCIPLINES, LEAVING BEHIND ALL PHYSICAL AND EMOTIONAL BURDENS THAT USUALLY CROWD OUR LIVES.**





## DAILY PROGRAM

8-9.30 AM YOGA PRACTICE, FELDEN-YOGA

9.30 - 10.30 AM BREAKFAST

11- 1 PM FELDENKRAIS METHOD, MINDFULNESS, MEDITATION

6 PM - 8 PM THREE EVENING PRACTICES SCHEDULED ON MONDAY, WEDNESDAY AND FRIDAY

## PLANNED TOURS:

1) PETRA AND MOLIVOS: LOCATED AT THE NORTH OF THE ISLAND, THESE ARE THE MOST CHARACTERISTIC AND AMONG THE MOST CHARACTERISTIC VILLAGES. 2) ORIGINALLY VOLCANIC, THE ISLAND OFFERS NUMEROUS THERMAL SPRINGS WITH WATER OF EXCELLENT QUALITY AT 39 DEGREES CELSIUS, WE WILL VISIT THE SPA OF MYTILENE WHERE WE WILL PRACTICE FELDENWATER. 3) VATHERA, A 5KM LONG BEACH AND CRYSTAL CLEAR WATER. 4) THE FOSSIL FOREST: ONE OF THE LARGEST AND MOST IMPORTANT IN THE WORLD, THE MAIN REASON WHY THE WHOLE ISLAND IS A UNESCO HERITAGE SITE.



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**COST: €590 (INCLUDES STAY IN DOUBLE ROOMS, BREAKFAST, LESSONS).**

**SINGLE ROOMS AVAILABLE WITH A SUPPLEMENT**

**REGISTRATIONS: TO REGISTER YOU MUST PAY A DEPOSIT OF €200**

**HOW TO GET THERE. LESVOS IS WELL-CONNECTED BY PLANE TO ATHENS WITH SEVERAL INTERNAL FLIGHTS EVERY DAY THROUGHOUT THE YEAR. LESVOS CAN BE REACHED BY FERRY ALSO OPERATING ALL YEAR LONG. FROM SOME EUROPEAN COUNTRIES YOU CAN FLY DIRECTLY TO LESVOS, IF YOU CANNOT FIND A DIRECT FLIGHT TO MYTILENE, YOU CAN FLY TO ATHENS AND FROM THERE TAKE ANOTHER FLIGHT TO THE ISLAND.**



## **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<sup>o</sup> 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<sup>o</sup> Massimilano Perini and M<sup>o</sup> 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.



## **SARA DELLA TORRE**

SHIATSU AND MOXA PRACTITIONER FOR 15 YEARS. GRADUATED FROM THE "HAKUSHA SCHOOL OF SHIATSU AND MOXA" IN VARESE, ITALY. SHE ALSO COMPLETED A THREE-YEAR MASTER'S DEGREE IN CRANIOSACRAL BALANCE AND OBTAINED A CERTIFICATION AS PRACTITONE OF THE "VODDER METHOD LYMPHATIC DRAINAGE" MASSAGE AND FIRST LEVEL REIKI.

IN 2013 SHE BEGAN TO PRACTICE HATHA AND KUNDALINI YOGA,

IN 2015 SHE GRADUATED AS YOGA TEACHER WITH THE THREE TREASURE YOGA SCHOOL OF MOLLY COFMAN,VIRGINIA WOOD AND MASSIMO CANTARA.SHE STUDIED EVERY YEAR WITH SEVERAL TEACHERS IN INDIA AND EUROPE, HAS A DIPLOMA AS A MINDFULNESS FACILITATOR AND HAS BECOME A YOGA TEACHER CERTIFIED FOR CHILDREN IN SCHOOLS, DEDICATING HERSELF TO THE PROMOTION OF YOGA IN SCHOOLS WITH A PLAYFUL AND NON-COMPETITIVE APPROACH.

SHE COLLABORATES WITH MANUELA TOMBA, PSYCHOTHERAPIST FROM PARIS, OFFERING HER YOGA SKILLS AND VISON IN SILENT MINDFULNESS RETREATS WITH MBCR AND MBCT PROTOCOLS.

SHE IS CURRENTLY STUDYING AYURVEDA CUISINE AND TAROLOGY WITH AN EVOLUTIONARY APPROACH.

