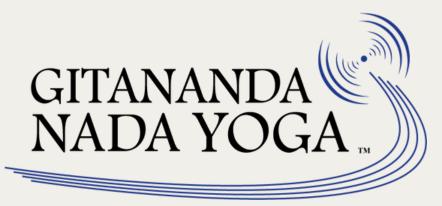
Sacred Geometry 2025



in Renaissance Arts

Enjoy eight days and seven nights in the heart of Tuscany to explore the correspondences between the arts and sciences of **Yantra**, **Tantra** and the **arts of the Tuscan Renaissance**. The program includes daily classes in **Gitananda Yoga** and guided visits to **Florence** and **Siena**. This program is open to mentors and students of the Gitananda Parampara and to their loved ones.

We will be lodging in the pristine town of <u>Caprese Michelangelo</u>, the hometown of the great Italian artist <u>Michelangelo Buonarroti</u>, at <u>La Buca di Michelangelo</u>, a family owned hotel serving farm to table local vegetarian food.





a Gitananda Yoga Residencyin Tuscany

YOUR HOST and GUIDE: Yogathilagam Dr. Sangeeta Laura Biagi, PhD, is a Mentor in the Gitananda Yoga Parampara and Director of Studies and Research of Gitananda Nada Yoga, ICYER at Ananda Ashram; International Faculty at the Institute of Salutogenesis and Complementary Medicine at SBV India, and Institute Lorenzo de' Medici in Florence, Italy. Originally from **Siena**, Dr. Sangeeta is an official tour guide of the cities of Florence and Siena. Accompanying Dr. Sangeeta is Yoga Sadhaka Antonio Manzionna, teacher of Gitananda Yoga with a specialty in Pranayama and a long standing training and professional experience in management and administration.

We decided to keep our program within a week's span to minimize costs. However, participants who are interested, are welcome to arrive before and/or leave after the program to enjoy a weekend in Rome or Venice, visit friends and families or travel to another country in Europe, Middle- East or Africa. Our pick ups and drop offs will be in Rome at a pre-established time. Participants will be responsible to arrive in Rome on time for the pick ups and arrange an extra night at a hotel after the drop off.

Preliminary Schedule

Monday, May 19th	Pick up around 2pm at Rome Termini train station, and transfer to Caprese Michelangelo by private coach; welcome dinner; Satsanga with Bhajans; rest.
Tuesday, May 20th	Hatha Yoga with Dr. Sangeeta; Breakfast; Pranayama with Antonio; lunch; rest; Teachings on Polarity with Dr. Sangeeta; Contemplation of Art Seminar: Siena with Dr. Sangeeta; dinner; Satsanga with Bhajans.
Wednesday, May 21st	Breakfast; departure to Siena by private coach; walking guided tour with Dr. Sangeeta and visit to the <u>Cathedral of Siena</u> ; lunch box; time off for shopping, tasting of the traditional sweets, <u>ricciarelli</u> , at the world-renowned bakery Il Magnifico, and/or time on your own in Siena; return to hotel by private coach; dinner; short Satsanga; rest.
Thursday, May 22nd	Hatha Yoga with Dr. Sangeeta; breakfast; Polarity Kriyas with Dr. Sangeeta; lunch; rest; Contemplation of Art Seminar: Florence with Dr. Sangeeta; dinner; Satsanga.
Friday, May 23rd	Breakfast; departure to Florence by private coach; <u>architecture walking tour</u> of UNESCO sites in the historic center of Florence guided with Dr. Sangeeta; lunch box; time off for shopping, <u>artisanal gelato</u> and/or time on your own in Florence; return to hotel by private coach; dinner; short Satsanga; rest.
Saturday, May 24th	Hatha Yoga with Dr. Sangeeta; breakfast; Pranayama with Antonio; Lunch; rest; Contemplation of Art Seminar: Florence with Dr. Sangeeta; dinner; Mantra Yoga with Dr. Sangeeta; rest.
Sunday, May 25th	Hatha Yoga with Dr. Sangeeta; breakfast; walk in nature; lunch; rest; participant's presentations; dinner; closing Sanga; rest.
Monday, May 26th	Time to pack; breakfast; departure to Rome; lunch on the way; drop off around 2pm at Rome Termini train station.

Fees: €1495 (single room supplement €105)

Includes: all transfers scheduled in the program; room and full board for 7 nights and 8 days (breakfast, lunch and dinner); all classes; all tours with tickets; a Dakshina to Dr. Ananda and the Ashram.

Does not include: your flight / train tickets or any rental to get to the pick up and drop off location, or to hotel / from the hotel; any extra items you purchase for food or lodging; your health and travel insurance (highly recommended).

Enrollment Phases

- 1. Email of interest asap.
- 2. Email of confirmation to reserve your spot by January 3rd, 2025.
- 3. Book your flights and extra services.
- 4. Deposit of €500 by March 3rd (non-refundable in case of your cancellation).

Information & Bookings

For more information and to reserve your spot, email Dr. Sangeeta sangeetalaurabiagi@gmail.com