

Sacred Geometry

05.19
2025



in Renaissance Arts

a Gitananda Yoga
Residency in Tuscany

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 Caprese Michelangelo, the hometown of the great Italian artist Michelangelo Buonarroti, at La Buca di Michelangelo, a family owned hotel serving farm to table local vegetarian food.

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 sangeetaurabiagi@gmail.com