



terme di  
**SATURNIA**  
NATURAL DESTINATION

YOGA  
GARAGE

# YOGA RETREAT AUTUMN EQUINOX

TAKE YOUR TIME TO BREATHE,  
BALANCE AND RELAX

Immerse yourself in the practice of yoga in the breathtaking setting of Terme di Saturnia Natural Destination accompanied by Guido Baligioni and Tess Obermeier of Yoga Garage.

# AUTUMN EQUINOX - 7 NIGHTS

## **SEPTEMBER 19<sup>TH</sup>**

5.30 - 6.30 pm Check-in and first yoga class.

6.30 pm Welcome aperitif with Guido and Tess

## **SEPTEMBER 20<sup>TH</sup> - 25<sup>TH</sup>**

7.15 - 8.00 am Start of the day (optional) with the principles of sport and awareness. Depending on the needs and abilities of each, the group will start the morning with a conscious walk, light jog and/or cold water baths accompanied by specific breathing techniques (Tummo / Wim Hof breathing)

8:00 - 9.15 am Asana/bandha practice, if possible on an empty stomach. The teachers will modulate the intensity of the practice on the skills of the group, adapting to the needs of the individual. Any level of practice, from novice to experienced practitioner, is welcome!

9.15 am Breakfast with detox options

5.30 pm - 6.15 am Light practice of asana + pranayama meditation

6.30 pm Aperitif

## **SEPTEMBER 25<sup>TH</sup>**

7.30 pm Group dinner with vegetarian menu with the teachers

## **SEPTEMBER 26<sup>TH</sup>**

8:00 - 9.15 am Final practice in the morning

9.15 am Breakfast, greetings and check-out

*The instructors are available for private lessons, tailored to the needs of anyone who wants to further deepen their practice, regarding positions or techniques of relaxation, awareness and breathing.*

# AUTUMN EQUINOX - 3 NIGHTS

## **SEPTEMBER 23<sup>TH</sup>**

5.30 - 6.30 pm Dynamic yoga class

6.30 pm Welcome aperitif with Guido and Tess

## **SEPTEMBER 24<sup>TH</sup> - 25<sup>TH</sup>**

7.15 - 8.00 am Start of the day (optional) with the principles of sport and awareness. Depending on the needs and abilities of each, the group will start the morning with a conscious walk, light jog and/or cold water baths accompanied by specific breathing techniques (Tummo / Wim Hof breathing)

8:00 - 9.15 am Asana/bandha practice, if possible on an empty stomach. The teachers will modulate the intensity of the practice on the skills of the group, adapting to the needs of the individual. Any level of practice, from novice to experienced practitioner, is welcome!

9.15 am Breakfast with detox options

5.30 pm - 6.15 am Light practice of asana + pranayama meditation

6.30 pm Aperitif

## **SEPTEMBER 25<sup>TH</sup>**

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## RATES STARTING FROM

YOGA RETREAT | AUTUMN EQUINOX - **7 nights**

2896 euros in a Deluxe Room for single use

3972 euros in Deluxe Room double occupancy

YOGA RETREAT | AUTUMN EQUINOX - **3 nights**

1456 euros in a Deluxe Room for single use

2072 euros in Deluxe Room double occupancy

## YOGA GARAGE

**Guido Baligioni** began practicing yoga over twenty years ago. Since then he has explored different methods (Iyengar, Ashtanga, Scaravelli). Passionate about philosophy and breathing techniques (pranayama), he tries to combine in his lessons all the aspects of yoga learned from his masters, from books and from his experience: the postures (asanas), or the search for the perfection of the pose, and also in a dynamic flow; movement, or the art of following the breath and finding beauty and grace in the transition between two certain positions, the breath (pranayama), during the lessons with the attention to the breath and to the locks of yoga (bandha) is constant, but it is when one sits down and brings their attention to the breath (pranayama) then begins a deeper search to discover oneself. Guido heads teacher trainings recognized by Yoga Alliance and Coni, in Florence and Viareggio.

**Tess Obermeier** entered her first yoga class when she is 15. Slowly, as she kept returning to her mat, she became more and more curious and wanted to try out different styles of yoga. Thus she discovered Vinyasa Flow, Bikram, Hatha, Ashtanga and Iyengar. Finding a mind-body connection and moving meditation (vinyasa) is what brings Tess back to her mat daily. In the winter of 2010 she enrolled in her first teacher training course taught at a Chicago school recognized by Yoga Alliance. In the spring of 2011, as soon as she finished the course, she began teaching. Tess has since completed over 150 hours of continuing education in Power Yoga, Vinyasa Yoga, Ashtanga Yoga, Restorative Yoga, Yoga Sculpt and Hot Yoga. Tess is an Experienced Registered Yoga Teacher (E-RYT) and has led numerous teacher training courses, in which she passes her knowledge on to future yoga teachers. She has had the honor of teaching in places like the United States, Sweden and Italy. In her classes, Tess focuses on proper alignment and creating a flow in which students follow their own breath. In April 2016 she opened **Yoga Garage** with Guido Baligioni with the intention of sharing her passion and knowledge with the growing yoga community of the city of Florence.