

Embody the Energy of Love

YOGA RETREAT IN ROMANIA

5-10 AUGUST 2024

YOGA, NATURE, TRAVEL

“In order to be strong, you have to love yourself, and in order to love yourself, you need thorough self-knowledge, you need to know everything about yourself, including your most hidden secrets, the ones most difficult to accept.” – SUSANNA TAMARO

An exclusive yoga retreat born from the collaboration of *YogaEmbody* and *YogaPhilia*, founded respectively by Giada Giovannoni and Ludovica de Pamphilis.

Our desire is to unite people on an introspective journey within themselves. We believe in the power of yoga to connect heart and mind by returning to the dimension of the body, by listening, meditation, and breath-work.

EMBODY THE ENERGY OF *LOVE* is the union of our visions: practicing Yoga is a way to release tensions, stagnant energies and be able to listen to deep emotions and desires, embody love, feel it within ourselves, to become aware of what we are and to unleash our potential.

We chose a magical place to set our retreat: a family-run glamping in the middle of the forest, on the slopes of Transylvania and the Carpathian Mountains, the largest mountain range in Europe.

It is the ideal place for those who love nature and are looking for a peaceful outdoor environment, where they can practice yoga, find their inner peace, meet new people and enjoy delicious vegetarian food.

IS THIS THE RIGHT RETREAT FOR YOU?

EMBODY THE ENERGY OF *LOVE* is an intensive all-inclusive Yoga retreat. We will do many practices, workshops, in-depth studies, dedicating space to questions, exchanges and sharing.

It is the right retreat for those who want to completely immerse themselves in Yoga, in nature, and rediscover their center, their life force, their well-being.

Although it is an intense yoga retreat, both in terms of practice and insights, it is also suitable for those who want to get closer to this discipline and are looking for the right time to dedicate themselves to a complete immersion in Yoga, to best learn the principles and structure of this wonderful discipline.

Ludovica e Giada will help you, meeting your specific needs, and guaranteeing everyone the attention they deserve. Upon request there is the possibility of having private lessons and consultations.

It is the right retreat for you if you love nature, are looking for a relaxing environment and want to try out glamping.

The glamping we chose to set our retreat is located near the small village of Breaza in Romania. We will sleep in tents furnished in boho-chic style, for two or three people. The Bali-style bathroom is shared, with three toilets and three showers, and is always kept clean and sanitized. It will be an experience of total immersion in nature!

Here is some practical information:

WHERE:

At Home Yoga & Glamping, Breaza de Sus, Romania.

Around one hour and a half from Bucharest airport.

WHEN:

5- 10 AUGUST 2024

CHECK-IN: From h. 11am (a brunch will be served upon arrival and the pick-up will begin in the afternoon)

CHECK-OUT: From h. 14 (on the last day there is the possibility of organizing a day in Bucharest before leaving).

YOGA TEACHERS:

GIADA GIOVANNONI – Giada is an experienced Personal Trainer and passionate Yoga and Pilates Instructor. She has been teaching and learning for over ten years - traveling around India, Indonesia, South America and Europe - and to combine her knowledge of Yoga and Pilates with functional movement to balance strength and flexibility. She offers an engaging, challenging, fun, enthusiastic and compassionate

teaching style which radiates positive energy, challenges limitations, strengthens the body, and reconnect to the breath, the mind and the heart. YogaEmbody is a Yin ~ Yang flow, blending two styles of yoga into one practice (the benefits of passively holding yoga poses with more dynamic sequences/standing postures), incorporating Pranayama (breath work) and Meditation as part of the perfect mix for a regular practice that will enhance strength, flexibility, and balance. The aim is to give all students a tool with which to seek balance on and off the mat. The style is predominantly Hatha Yoga, the practice of the sun (HA) and the moon (THA).

LUDOVICA DE PAMPHILIS - Ludovica began practicing yoga out of a desire to know herself more deeply and be more in touch with her body. She practices Ashtanga yoga, a traditional dynamic style based on breath-movement synchronization. She becomes a teacher in Mysore, India under the teacher MV Chidandanda. She teaches Yoga in order to give people a practical tool to love themselves and have the courage to believe in themselves, motivating them towards internal and spiritual change. In 2024 she founded *YogaPhilia*, which represents the bridge between her philosophical studies, life coaching and Yoga.

WHAT'S INCLUDED:

- 5 nights at a Glamping in the Transylvanian forest, in a boho-chic furnished tent.
- Two Yoga practices per day: Ashtanga Yoga practice every morning (guided). YogaEmbody practice every evening.
- Workshops to deepen and consolidate the practice: Backbending, Inversions, & “Philosophical Principles of Yoga”.
- Coaching exercises & personal growth.
- Vegetarian buffet brunch.
- 0 km vegetarian candlelit dinner.
- Trekking in the Bucegi mountains.
- Visits of fabulous Sinaia & Peles Castles.
- Sangha in the evening: sharing practices around the fire under the stars.

WHAT IS EXCLUDED:

- Flight, transfer from Bucharest airport to the Glamping (1 hour and a half with Uber), travel insurance (recommended). Upon request we can purchase the flight and organize the transfer from the airport to the Glamping where our retreat is located.

QUOTE:

The retreat fee below is per person and includes accommodation, yoga lessons (two per day), workshops, meals and all the other wonderful activities we will do: 1250 Euros.

Don't miss the EARLY BIRD opportunity: 15% discount if you confirm your presence by June 20th.

15% discount if you book with a friend and for a group booking.

We are gathering all participants to CONFIRM THE WITHDRAWAL. Confirm your presence as soon as possible, alone or with friends.

At the time of registration, a payment of 30% of the fee is required via bank transfer. The subsequent balance must be paid within two weeks of paying for the registration.

In case of cancellation, we guarantee 20% refund + voucher for another retreat with us. Given the nature of the retreat, familiar and intimate, it is the best we can do to accommodate you.

TO BOOK:

For further information and to confirm your presence call us or write to us on Whatsapp:

+39 331 8584182 (Ludovica) - +39 3279046443 (Giada)

Or send us an email:

info@giadayogaembody.com ludovicadepamphilis@zohomail.eu

You can find us on Instagram:

Giadayogaembody – Ludovicadepamphilis

We can't wait to leave with you and make you live an unforgettable experience!

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