

MINDFUL joyful weekend

VILLAGGIO SAN FRANCESCO

8TH-9TH JUNE

SATURDAY

Mindful Beach Walk (8:00 AM - 9:30 AM):

Mindful stroll along the beach.

Encourages awareness of senses and connection with nature.

Mindfulness practice during the walk.

Beach Yoga (9:30 AM - 10:30 AM):

Breathing and stretching poses.

Short meditation at the end of the session.

Mindful Art (12:00 AM - 13:30 AM):

Creating mindful art using recycled materials.

Focus on creative expression and being present in the moment.

Sharing experiences at the end of the session.

YOGA LUNCH *Vegetarian Menu*

Guided Meditation Session (3:00 PM - 4:30 PM):

Focus on breathing and body awareness.

Guides a gratitude meditation.

Sunset Yoga (7:00 PM - 8:30 PM):

More relaxing yoga session focused on relaxation.

Utilizes the sunset view to promote awareness.

Final beach meditation.

Mindful Eating Experience (8:00 PM upon reservation):

Light and healthy dinner with attention to the eating process.

Practice mindful chewing and appreciation of food.

Reflection on sensations during the meal.

Mindful Stargazing (9:30 PM - 10:30 PM):

OFFERS TO THE MOON (waning moon, wishes to be expressed and fulfilled in the next moon by the sea with paper-made boats where wishes have been written on)

Stargazing with breathing awareness

Moment of reflection and gratitude under the stars.

SUNDAY

Breakfast on the beach (7:30 AM)

Mindful Meditation Walk (8:30 AM - 9:30 AM):

Slow and silent walk in a peaceful area.

Focus on awareness of steps and breath.

Short meditation at the end of the walk.

Mindful Stretching (10:00 AM - 10:30 AM):

Light stretching to awaken the body.

Awareness of movements and mind-body connection.

Mindful Closing Circle (11:30 AM - 12:30 AM):

Write a phrase on each Palo Santo stick as a reminder.

Sharing experiences and gratitude.

Guides a brief thanksgiving meditation.

This program aims to promote wellness and mindfulness through a series of mindfulness activities in a tranquil and relaxing environment.



WARNING
It causes happiness



COACH: Eleonora Del Cotto

Eleonora Del Cotto is a teacher of yoga and holistic disciplines, dedicated to the well-being of both body and mind. She has had many meditation experiences abroad and in Tibetan monasteries. She enjoys exploring the world and helping others. A traveling soul who has journeyed across the globe to immerse herself in various holistic practices, she has acquired international experience in diverse environments. She embodies the essence of ancient wisdom blended with modernity. Her dedication to soul-searching and sharing this valuable knowledge makes her a beacon of light in the yoga community. She serves as a guide toward inner rhythm and awareness.



ele_delc8

Here all our retreats
organized in Italy and
Croatia



MINDFUL joyful weekend

BIVILLAGE

21ST-22ND SEPTEMBER

SATURDAY

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*Mindful stroll along the beach.
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Mindfulness practice during the walk.*

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COACH: Sonja Cvejic
Sonja is a versatile fitness professional, holding licenses as both a Les Mills instructor and a yoga instructor, guiding her clients through dynamic workouts and tranquil practices with expertise. With her dual certifications, Sonja brings a unique blend of high-energy routines and mindful movement to her classes, fostering holistic well-being among her students.

 [_sonjacvejic_](https://www.instagram.com/sonjacvejic_)

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