

# YOUR TEACHER

Hi, I am Silvia, a Yoga teacher and filmmaker.

I started practicing Yoga when I moved to Berlin, 13 years ago and it helped a lot to rescue me from really stressed times, in moments of insecurity and when I felt lost. Yoga taught me how to be present, to navigate emotions, to BREATHE through them.

The process of learning from my teachers and from myself, my shadows and boundaries, connecting and exploring, helped me in developing hope, joy and acceptance.

Today I am still approaching Yoga with a beginner's mind willing to discover, experiment and study, to develop collaborations and bond with other beings.

Graduated as Zen Yoga teacher and Dynamic Mindfulness Meditation by teacher Tatjana Mesar (further teacher trainings in Prenatal Yoga by Yoga Education Institute and Gravity Yoga by Yoga Body), my classes are focused on the principle of Mindfulness with attention towards classical asanas..

The classes offered are a balance of Yin and Yang, grounding/core/balance/inversions exercises and guided meditation, effort and ease, listening to the sound of one's breath and tuning in with it.

I am looking forward to meeting you and practicing together!

With love,  
Silvia  
HEARTH YOGA

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**YOU WILL PAY A DEPOSIT TO SECURE YOUR SPOT**

## YOGA AND MINDFULNESS RETREAT IN ITALY

THERE'S A BEAUTIFUL WORLD  
TO DISCOVER  
INSIDE AND OUTSIDE YOU

**12.09.2024 -  
15.09.2024**

**B&B  
RIFUGIO USCIO  
(Genova, Italy)**

## WHY RETREAT?

### Retreats are sacred spaces.

Magic happens when we observe the little things, away from the stress of our daily lives and work routines.

During those days together in the mountains of Liguria, in Italy, close to the sea, through elements of yoga and mindfulness, we will get in touch with our desires and vulnerabilities. We will eat delicious seasonal vegan food prepared with love and care by our dedicated cook and music composer Stellan. We will experience our body through the lessons prepared with care and love by Silvia and will breathe together in this adventure.

Yoga combined with Mindfulness techniques is a valuable tool to bring us closer to ourselves in today's world and to keep body and mind equally healthy.

Yoga is home, especially when seen as a place of comfort and love.

I believe in this practice as the place to come together, a space where one feels free to

### **just be**

and tune in with the Body, Mind and Breath.

By keeping the precious curiosity of a beginner's mind, one can explore the restorative and enlightening power of linking breath to movement.

Looking forward to seeing you there!

## 4 DAYS RETREAT

**EARLY BIRDS (till 22.05.2024): 400 €**

**REGULAR PRICE: 570 €**

### PRICE INCLUDE

ACCOMODATION IN 2 OR 4 BEDS ROOM

2 VEGAN MEALS A DAY

2 YIN YANG YOGA CLASSES A DAY

1 MINDFULL MEDITATION WITH SOUND A DAY

DAILY GUIDED HICKING

WORKSHOPS AND ACTIVITIES

MATERIAL FOR THE WORKSHOPS

### EXTRA ACTIVITIES

*(not included)*

WHALE WATCHING \*

\*price to be discussed with "Walewatch Genova", depending on the amount of participants

**MORE INFO ABOUT LOCATION  
AND ACCOMMODATION AT:  
[WWW.RIFUGIOUSCIO.COM](http://WWW.RIFUGIOUSCIO.COM)**

## WHAT TO EXPECT

### DAILY YOGA PRACTICES

Two Yin Yang Yoga classes will be offered each day. The morning class will have more Yang elements, while the afternoon class will have more Yin elements. Each class will be carefully designed to offer movement, focus, stretching and relaxation, and will be possible for all body types and levels.

### WORKSHOPS AND JOURNALING

From the first day we will create our vision board, experimenting with writing, images and all kinds of tools we want to use. What do I want? How do I see myself? How do I want myself? We will do workshops to integrate our vision board day by day, and we will observe the results at the end of the retreat.

### EARTH AND SKY

Rifugio Uscio is located on two paths: the salt route and the sea route.

We will experience morning silent walking meditations in the forest and through the routes, we will dedicate one evening to meditate with astrologer Sil Bak that will give us an overview about planets and their archetypical meaning.

### LIVE MUSIC AND MEDITATION

In the evening, accompanied by the sound of the bonfire in the private garden of our refuge, we will explore mindful meditations with live music by Stellan Veloce.