

**WELCOME TO YOGA RETREAT IN
ITALY: MATVA center, close to
Damanhur, in Piemonte (foot of
the Alps) 22-29 April 2016,
with Bente Marcussen**



We will celebrate life in every possible way!

Outer journeys: Enjoy the powerful nature ,
MATVA's magical garden
Walks in the "Celtic"
valley and Gran
Paradiso National Park.



and breathwork etc.

Arts/spiritual experience : a visit to the 8th
wonder of the world: "The temples of humankind"
in Damanhur.

Friendship and cocreation : Heart Sharing etc.

MATVA is a holiday and workshop center, surrounded by a beautiful garden. (an estate of 10 acres) in Piedmont in northern Italy. Nearest cities are Turin and Milano. MATVA has 5 Norwegian owners. There are 3 houses on the property. The twin rooms have bathrooms (20 beds) The beautiful nature is an inspiration for mindfulness and joy. Celts lived here 3000 years ago, and there are many testimonies from that time. The word MATVA means the daughter of the Sun god.

Yoga classes every morning. And an afternoon session with a program benefiting the needs and wishes of the group. Different bodywork tools are offered to benefit a holistic yoga practice.

YOGA means union, the union of the physical, emotional, mental and spiritual in us. All parts of us are interdependent. Is there an imbalance in one layer, it will affect the others. An example of yogic understanding: I have pain in my back. If I release emotional stress, I can find that the pain disappears by itself.



A regular yoga practice will restore the balance in body, mind and soul

- The body becomes soft, strong and flexible.
- The mind becomes calm
- The breathing gets deeper

No former experience is

required.

Visit to Damanhur and the 8th wonder of the world, the underground temple for Humanity. Damanhur is a non-religious society consisting of 25 eco-villages, who works for spiritual

awakening based on the development of the individual's inner qualities.

Price: \$ 7400 includes the workshops, transportation to and from the airport , 2 daily meals (we help cooking dinner as our Karmayoga practise)

The flight you buy yourself (you can get help if needed) **norwegian.no**: Oslo - Milano : April 22 at 13.00 Return April 29 at 16.15 (pr. 12 January: kr.1470) **Do not buy your ticket before you are sure that the tour has enough participants.**

Registration to Bente : 91708466 mail: bentemarcussen@gmail.com

Payment to Gaia Travel, which is the technical organizer : You are guaranteed a place when you are paying the deposit: kr.1500 within 6 March, to Gaia Travel, account no. 1503 56 00067





