

MINDFULNESS & YOGA RETREAT IN UMBRIA

7 DAY INNER TRANSFORMATION
23 JUNE TO 30 JUNE 2019

Deepen Your Purpose.

Become Your Best You.

Live A Life You Love.

A Time For Transformation

Together, we will practice exercises working with body, mind and soul, which will change your life in ways you may have never expected.

We will combine tools of modern psychology, neuro-linguistic programming, self-development exercises and coaching, with meditation, health education and the healthy art of Yoga.

Move forwards in life with courage and confidence that you are worthy of the life of your deepest desires and callings.

Your Coaches



Anselmo Maestrani,
1965
Anselmo is a sought after private coach, mental health and success expert, and author.



Krishnadas K.M. Künzi,
1969
Krishnadas is a professional yoga teacher, therapist of art, and is also educated in Astrology and healing.



Marcus Edge, *1996
Marcus is a young man on a global transformation mission. His life vision is to help heal humanity so we can live as one collective, understanding the core truths of reality.

We Welcome You With

- 7 days of insight and transformation
- 7 nights accommodation (double room)
- Half board (incl. breakfast and evening meal - dietary requirements catered for upon request)
- A private consultation with each of our teachers

Our Time Together

Our moments will be spent in a peaceful, relaxed environment, embracing the charme of the rolling Umbrian countryside and Italian summer. Every day will include 7 hours of coaching and yoga:

07:00 – 07:45 Yoga and Meditation
08:00 – 09:15 Breakfast
09:30 – 11:00 Mindfulness
11:15 – 12:30 Visions Search creative session
Lunch (in price not included), siesta or free time
14:45 – 15:45 Private consultation
16:00 – 17:00 Mindfulness
17:15 – 18:30 Yoga
19:00 Dinner (vegetarian)

Casa della Pace - An Inspiring Place For Art & Nature Lovers

Casa della Pace, the house of magic built on the meaning of simplicity, will be our home for the week. Casa della Pace is an organic estate perched on the sloping hills of Umbria. See the beauty for yourself at www.casadellapace.org

Further Details and Reservations

£ 1150 / € 1250

Do you want to deepen your purpose, become your best you, and live a life you love with joy and ease? Everybody is welcome. No experience required. We can't wait to see you transform!

The retreat will be held in English. We speak also fluently German, Italian and French.

Please contact Anselmo on **+41 78 711 57 57**, via email at info@peoplecare.ch or visit www.peoplecare.ch; or Krishnadas at **+41 79 598 39 84** or via email klausmkaenzig@hotmail.com