

# Self Immersion Retreat with Sri Andrei Ram at Le Torracce, Umbria, Italy



Wednesday 4<sup>th</sup> to Sunday 8<sup>th</sup> of September 2019



# Self Immersion Retreat with Sri Andrei Ram at Le Torracce, Umbria, Italy

Wednesday 4th to Sunday 8th of September 2019

Spend 5 days with Andrei Ram and experience the true purpose of yoga, the union of body and universal soul: Supreme Self-realization.

Through a masterful weaving of the physical and spiritual, of movement and knowledge, of listening and sharing, you will arrive at a fuller understanding and appreciation of all that yoga offers.

Andrei will seamlessly connect the practice of asana, the techniques of pranayama, the levels of meditation, the power of mantras, the understanding of the koshas the astral bodies to allow you to ascend to greater self-realization and enlightenment.

Over the 5 days with Andrei, learn how the body in all its complexities and its simplicity connects us and leads us to the divine. Understand how to open yourself through the physical, to travel the path of the chakras, to access the higher intelligence of all beings.

Experience the connectedness and oneness of life and the calm and love of the Source.



## Le Torracce Agriturismo Olistico

Le Torracce is an agriturismo farm and holistic yoga retreat center located in the presine region of Umbria in Italy. We have chosen this very special place because of the kindness of Giorgio and his family, the healthy delicious food and the unique energy of the place and its surrounding nature. At Torracce the food is cooked with love, the bread is handmade every day and the special vegetarian recipes are an enrichment to the tasty traditional flavors of Umbria.

—

### Programm

Morning Meditation and Pranayama

Breakfast

Main Raja Hatha yoga Practice (Maha sadhana)

Lunch

Free time

Yoga Nidra

Diner

Evening meditation

—

### How to get here

Le Torracce is located between Rome and Florence.

If you are flying into these major airport you can then take a train to Assisi train station (10km). You can also fly directly into Umbria international airport - San Francesco (Perugia Sant'Egidio 15km).

If you arrive by train or by airplane, you can reserve a taxi by calling Marco (+39 3470366996) at least one day before your arrival.

If you choose to drive you can find Le Torracce on Google Maps.





Le Torracce Agriturismo Olistico  
Vocabolo Torracce 15  
06029 Valfabbrica  
Tel +340759010158  
Email: [info@torracce.com](mailto:info@torracce.com)  
Website: [www.torracce.com](http://www.torracce.com)

—

The prices are per person in Euro  
and include full board, housing and the teachings

Single room: 1200.-  
Double room: 900.-  
Triple Room: 700.-  
Multiple room: 600.-  
Dormitory: 350.-

—

## Contact and Registrations

Alex Baechler  
[info@atayoga.com](mailto:info@atayoga.com)  
+41 79 629 14 45  
[www.atayoga.com](http://www.atayoga.com)