

SACRED ITALY RETREAT

"Journey with the Mystics."

Rome - Assisi - Florence

June 10th - 19th 2022

Experience 9 high-spirited days diving deep into the devotional heart of Italy's sacred places; Rome, Assisi and Florence.

Find yourself immersed in mystical fusion workshops on Kirtan Music, Dance, Yoga, Meditation, Goddess Immersions, and Bhakti-love Wisdom.

Soothe your body, mind and soul while taking a sound bath deep inside our sacred volcanic sound cave, Grotta Sonora.

While invoking the mood of the holy mystics of the East and West, we will sing and dance together through the cobblestone streets of Italy; visiting cathedrals, sacred ancient ruins, pizzerias and gelato cafes!

By opening our hearts through these mystical practices, we will truly experience the deep Sacredness of Italy and have fun like never before!

Facilitators & Teachers

Ganga and Visvambhar (sister/brother team) were brought up deeply immersed in the arts of their half-Italian and half-Indian culture. Bridging and colorfully sharing the essential spirit of East and West is in their nature. Come celebrate the best of a cross-cultural life.

Visvambhar Sheth is an internationally recognized kirtan-singer, inspirational speaker and master of the Mridanga drum. Vish has facilitated pilgrimages to various sacred sights and has the rare capacity to invoke Sacredness and transmit It's essence.

Ganga Devi Sheth is a certified Dance in Medicine practitioner and yoga teacher, with a BA in dance, specializing in Dance and Movement Therapy. Ganga is a recognized dancer having performed, taught and facilitated workshops and retreats globally.



Itinerary

Day	Highlights	Overnight
Day 1	Arrive in Rome	Rome
Day 2	Visit the Colosseum & Roman Forum	Rome
Day 3	Early Morning Vatican Experience	Rome
Day 4	Drive from Rome to Calcata for the day	Rome
Day 5	Drive from Kolkata to Assisi	Assisi
Day 6	Discover St. Francis of Assisi	Assisi
Day 7	Drive from Assisi to Florence	Florence
Day 8	Florence	Florence
Day 9	Discover Florence and Ratha Yatra	Florence
Day 10	Farewell	

Itinerary Breakdown

Order of events and visits may be subject to change.

Day 1 • Friday, June 10th • Rome Arrival Day - Meet & Greet

There will be one free group pickup from the airport, time is TBA. Please arrange your flight to be on time for dinner at the hotel and our first gathering - Meet & Greet. More information will be given at the time of your registration.

If arriving early, you will have time to walk around the amazing area of Campo dei Fiori, Piazza Navona, Pantheon and the side streets of this ancient city.



Lunch on your own.

**Day 2 • Saturday, June 11th • Rome
Colosseum & Imperial Fora**

- Morning meditation, yoga asana, or sacred activity followed by breakfast at hotel.
- Walk towards Piazza Venezia and the archaeological area of Via dei Fori Imperiali.
- Visit the Colosseum, Imperial Fora and the place where the two of Jesus' followers St. Peter & St. Paul, were imprisoned during their preaching mission in the capital of the Roman Empire.
- Back to our hotel for lunch.
- After lunch we walk to Venice Square where we reach the Spanish Steps and Trevi Fountain followed by free time.
- Evening activity TBA.
- Dinner on your own.



- Overnight in Rome Hotel

**Day 3 • Sunday, June 12th • Rome
Vatican**

- Morning meditation, yoga asana, or sacred activity followed by breakfast at the hotel.
- Visit to the San Peter Church in the heart of the Vatican City. At noon we will participate in the Pope's Benediction in San Peter Square.
- Visit to the Sistine Chapel.
- Break for lunch on your own followed by free time.
- Evening activity TBA.
- Dinner at our hotel.
- Overnight in Rome hotel.



**Day 4 • Monday, June 13th •
Calcata**

Sound Bath & Pizza Party

- After breakfast at the hotel, travel to our Calcata cave which is a unique and ancient Medieval village carved from naked stone rising out of the Treja forest.
- Yoga and sacred activity in the forest TBA.
- Lunch included in a cave restaurant, followed by a relaxing sound-bath by *Grotta Sonora*.
- Travel to Gopinath's Garden for a festive evening of pizza-making, boutique shopping, performances, music and dance.
- Overnight in Rome.



Day 5 • Tuesday, June 14th • Assisi
St. Francis of Assisi

- Early wake-up. Meditation or sacred activity for the day followed by breakfast (included).
- Departure on our bus to Assisi—the holy place of St. Francis.
- Visit to Porziuncola, the chapel where St. Francis prayed, now contained in St. Mary of Angels Basilica. We will visit sites connected to St. Francis, including St. Francis Basilica, the tomb of St. Francis, Giotto's frescoes in Saint Claire's Church. The peaceful atmosphere of Assisi will help in deepening our inner journey.
- Lunch on your own.
- Meeting for evening Kirtan and dance.
- Dinner in our hotel (included) situated near Assisi.



- Overnight in Assisi.

Day 6 • Wednesday, June 15th • Assisi
St. Francis of Assisi

- Morning meditation, yoga asana, or sacred activity for the day followed by breakfast at the hotel.
- Walking pilgrimage to San Damiano, where Jesus on the wooden cross spoke to St. Francis of Assisi that inspired his Canticle of Creatures.
- Lunch on your own followed by free time.
- Meeting for evening kirtan and dance
- Included dinner in our hotel.
- Overnight in Assisi.



Day 7 • Thursday, June 16th • Florence
Villa Vrindavan

- Morning meditation, yoga asana, or sacred activity for the day, followed by breakfast at the hotel.
- Departure to Florence - 3.5 hours travel time.
- Arriving at the ashrams of Villa Vrindavan on the hills of Florence.
- Included lunch and dinner in the beautiful gardens of Villa Vrindavan.
- Activity TBA.
- Overnight in Villa Vrindavan.



**Day 8 • Friday, June 17th • Florence
Villa Vrindavan**

- Morning meditation, yoga asana, or sacred activity for the day.
- Breakfast, lunch and dinner included.
- Full day of workshops and sacred activities TBA.
- Overnight in Villa Vrindavan.



**Day 9 • Saturday, June 18th • Florence
Villa Vrindavan**

- Morning meditation, yoga asana, or sacred activity for the day.
- Workshops TBA.
- Lunch in Villa Vrindavan
- Day-trip to Florence. Stroll through the picturesque historic center, exploring the beautiful squares and architecture of Florence.
- As our closing party we will take part in the incredible Festival of Chariots (if confirmed) and Cultural Events, held in Florence's city center.
- Final Feast
- Overnight in Villa Vrindavan.



Day 10 • Sunday, June 19th • Departure

- Morning Darshan at the Villa Vrindavan temple followed by breakfast and departure.
- Transport to the airport or your next destination is not included.

Price

Single Person:

Early bird (ends February 28th): \$2,450

Regular price: \$ 2,600

Kids (11 & under) : \$1,400

Couples:

Early bird (ends February 28th): \$4,800

Regular price: \$5,000

Reserve Your Spot with a \$500 (non-refundable) deposit. *Or send your payment in full.

Deposit is non-refundable. In the unfortunate event of a cancellation, your payment will be refunded, minus the deposit. Deposit is refundable only in the event of a medical emergency.

Prices given are for double or shared room accommodations. Single room accommodations are available for an extra cost of \$490 per person.

Payment

First deposit (non-refundable) of \$500 per person, including kids, is due on February, 28th 2022 (Early bird price).

Balance payments due Friday, May 10th 2022.

Payments can be made on: www.Visvambhar.com

Refund Policy

In case of cancellation, the following fees apply:

First deposit of \$500 is non-refundable. No full or part refunds will be given after Friday, May 10th 2022.

Price Includes

- Accommodations: 3 nights in Rome, 2 nights in Assisi, 3 nights in Villa Vrindavan Ashrams.
- Daily breakfast. Dinner or lunch when indicated in the program. All meals & board in Florence Ashrams are included.
- Rome airport transfer to hotel, one time pickup - TBA.
- English speaking professional guide in Rome.
- Entrance fees as per program
- Private bus as indicated in the program.
- Workshops with teachers and facilitators.

Price does not Include

- International flight. We are happy to help you with finding flights. We suggest buying the tickets starting from Florence as the tour ends in Florence.
- Transfer in/out from airports unless specified above.
- Meals not mentioned in the program.
- Travel insurance or medical insurance of any kind.
- City tax when required to pay directly to the hotel.
- Sudden increase in entrance fees or transportation toll charges for touristic areas.

- Anything not specified in the 'Price Included' section.

Registration

www.Visvambhar.com

COVID Information

The Government rules in relation to Covid are constantly being updated and are therefore subject to change. Please check the rules and guidelines for travel within your country.

United States Embassy: <https://it.usembassy.gov/covid-19-information/>

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