



**MASSERIA
MOROSETA**

Body mind soul nurturing rejuvenating
yoga retreat in puglia (south italy)

FIND YOUR INNER SOURCE
OF STRENGTH AND CLARITY,
JOY AND LIGHT.

18-19-20-21-22-23 of November 2020



Join us for an extended, deep experience of healing, transformation and joy.

A yoga retreat to focus on yourself and connection with others, while opening your heart to nature's peaceful energy and invigorating environment. Experience delicious, healthy food.

"Retreating" into our space and time will remind you of the life worth living. The powerful healing practice and the light playfulness, coupled with peaceful nature, local tradition and kind people will give you a truly meaningful experience.

SCHEDULE

7.30 AM

_morning tea

8.00 AM

_meditation, chanting, yoga class

10.30 AM

_brunch

12.00-5.00 PM

_time for treatment; massages or private counselling session.
Or time for the beach and village excursions and other activities,
or to be alone for personal research...reflecting... reading... etc.

_also open kitchen, have a talk and take a look at what Giorgia and her team are cooking

5.00 PM

_yoga class

7.30 PM

_dinner

ABOUT THE YOGA PRACTICE

We adhere to the classic principles of the Hatha Yoga tradition, while enriching our practice with the magic of other yoga methods and philosophy.

Dynamic sequence of hatha vinyasa flow focused on:

1_alignment, movement and synchronized breathing

2_strength and Grace

3_opening and flexibility

4_steadiness and effortlessness

Pranayama - The science of breathing will be our fundamental tool to calm the mind and to awaken our energy force, or Prana.

Chanting and Meditation Devotion and Stillness will be our friends to discover our inner source of faith, compassion and gratitude.

ABOUT FOOD

First of all we want you to enjoy the delicious local food and we will do so by "blending" together traditions from Puglia and different Cooking styles, like:

_grain free cooking

_ayurvedic cooking

_raw vegan cooking

_macrobiotic cooking



FEDERICA CLEMENTE

I am a Yoga Alliance certified instructor, certified biodynamic craniosacral therapist, shamanic healer, massage therapist, and certified Gestalt counselor. I have been practicing and studying Mysore Ashtanga, Iyengar and other forms of yoga since 2002. I began practicing vipassana meditation in 2004, and use it as a very important tool to help others gain mindfulness. The beauty in my approach is rooted in the variety and knowledge that I have gained through my self-development journey. I have studied conscious movement, 5 rhythms dance, dance therapy and bioenergetics. With all my experience, I have developed my own approach to body-mind-heart medicine, and body soul movement. And, recently, I began to study and incorporate sacred sexuality and tantra into some of my work, especially with women. I have been working with women on self-development and successful transition through different life phases since 2009



GIORGIA EUGENIA GOGGI

Giorgia can be found 'learning her mise en place' in the kitchen at Masseria Moroseta, since June 2017. Self-taught chef, passionate about everything around food, serious collector of spices and cookbooks from all over the world. Cooking for guests and staff using only local and organic ingredients, many picked from their orto (vegetable garden) for a true farm-to-table experience. Whether it's cannoli with sheep ricotta, or ravioli with cime di rapa, her dishes are comforting and thoughtfully prepared.

