

## **Ashram of thousand colors**

The Vitthala-kshetra ashram is a center for spiritual activities located in the province of Rieti, near Rome. It is a large property that allows for quiet, undisturbed walks, both inside the compound and out in the countryside. The vegetation is maintained using ecological practices, and many of the vegetables consumed are grown using techniques such as permaculture, without the use of synthetic fertilizers. The farm is located a 1 mile from Tarano, a characteristic medieval village. Our activities are practiced in the shade of oak and beech trees. Members of the community dress in bright colors, from yellow to red. The environment is pleasant and extremely relaxing. As well as using the pool, we can also take part in practices such as Om chanting, yoga, Kinesiology, and many others.

## **The pool?**

Anyone who knows me will know that I love water. I always try to have a pool, a beach or lake at my disposal. Water helps us to release tension, to look far ahead, to learn to flow, which is the basic secret of good vision. As well as a refreshing bath, you'll be able to practice Watsu and Aguahara and discover just how relaxing it is.

## **Green Lazio**

Beautiful walks are possible during the day, at dusk... and at night! The total absence of traffic means you can make the most of the cool summer evenings. Rediscover how beautiful it is to see the world in all its light and shadow. And how grateful our eyes can be for it all.

## **What you can expect:**

see more clearly without lenses.  
improve astigmatism, myopia and presbyopia  
elimination of headaches, tension, and eye fatigue  
Improved co-ordination and balance  
improved mood, optimism, and self-confidence  
energy and awareness  
well-being in relationships with others

## **And something you might not have expected:**

Night vision: improve night vision, develop peripheral vision, avoid glare.  
Tuning and rebalancing of the right and left eyes, resulting in a rebalancing of our masculine and feminine sides and of the body-mind relationship.  
Better posture, balance, and coordination of movement.  
Subtle realignment between body, mind and... soul.

## **Low prices**

The price of the holiday course remains at 350 euros until 2 August. After that date, it will be 450 euros. Includes course and teaching materials.

## **Accommodation and food**

- 70 euros per day per person in a quadruple/quintuple room with bathroom (7 days = 490 euros)
- 80.00 euros in a triple room
- 90.00 euros double room

Delicious vegetarian breakfast, lunch and dinner. Tea and herbal teas always available

## **Plenty to see**

The ashram itself is a sight to behold. The communal rituals are enjoyable and relaxing. In addition, we make at least two excursions to picturesque medieval villages, Roman monuments, the lake or .... for a drink at my place! Yes, I live nearby and have a comfortable house with an unforgettable view of the sunset.

## **Sign up now!**

1. Choose your accommodation.
2. Register with me at [buonavista@metodobates.it](mailto:buonavista@metodobates.it). A deposit of 100.00 euros per participant is required at the same time as registration for the holiday. Maurizio Cagnoli IT 65 L 030698 8470 000003001386. BIC BCITITMMXXX
3. The remainder will be paid in cash at the beginning of the holiday.

If you have any questions, please do not hesitate to call us: + 39 339 4817146,