



MAY 11- 21 2018

Vijnana Yoga Retreat in Tuscany

With Flo Dedame

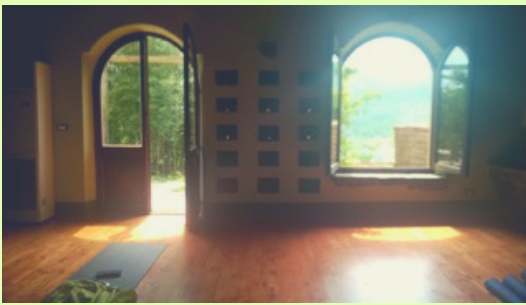
An Invitation to dive into the mystery of Yoga
in the landscape of Tuscany.

May 11- 16 The Essence of Movement
(foundation)

May 16- 21 The Art of Practice
(advanced)

I think it is essential sometimes to go into retreat, to stop everything that you have been doing, to stop your beliefs and experiences completely and look at them anew. You would let fresh air into your minds. Wouldn't you?

Krishnamurti 1952



*On the
foothills of Monte Amiata, near the village of Santa Fiora,
in a landscape of both rolling hills and mountains,
on a crest surrounded by old chestnut trees that seem dancing figures,
is Podere di Maggio.*

Retreat investment

Each 5 day retreat include-
Accommodation- Food- Tuition- Airport transfer

Private room- euro 1170

Shared bedroom - euro 1045

10 Day retreat option

Private room- euro 2230

Shared room- euro 1970

Further information will be forwarded upon request and registration.

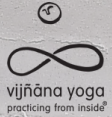
To register & inquire please contact Sanne sannek@xs4all.nl

Flo info@VijnanaFloYoga.com

Do it, and you will see delight. You will see vast expanses. When your heart is open to the mysteries of nature, then reality can come. Then the whispering of your own prejudices, your own noises are not heard. That is why it is good to take a retreat, to go away and to stop the routine which the mind establishes for its own safety and convenience. Try it, those who have the opportunity.

Krishnamurti 1952

Intent & Schedule



May 11- 16

Starts 3.00pm ends the 16th after lunch

- Essence of Movement Retreat-

In our first retreat, we will look at structure and function as well as a principle of geometry (tensegrity) to understand the foundation of movement and the embodiment of the three dimensional matrix that animates this vessel called body.



- Daily Schedule-

6.45-9.00 Morning Practice
9.00-9.45 Breakfast
9.45-12.15 Asana
12.30 lunch
12.30-3.30 Break
3.30- 6.30 Afternoon Practice
7.30 Dinner
8.30-9.30 Text or Reflections

May 16- 21

Starts 3.00pm ends the 21st after lunch

-Advanced Practice retreat-

As we progress in dedicated practice, spaces open for form to deepen. The breath becomes subtler, the observation becomes sharper. From coherence to stillness, from stillness to Presence our inner landscape is revealed.

The Foundation of Movement retreat is open to all levels.

The Advanced retreat is open to experienced practitioners and teachers with at least 3 years of regular practice.





About Flo

Vijnana Born Practitioner, Senior teacher, 20 years of experience and timeless inspiration, taught workshops in Finland, Germany, Netherlands, led retreats in France, Hawaii, creating and nurturing Sanghas all over the world. Flo Dedame is currently leading a Vijnana International Teacher training on Gabriola Island, Canada where she resides.

A world traveler since a very young age, inspired by movement, guided by Nature, curious about human behavior and its complexity, she challenges the limitations that we impose upon ourselves in sharing teachings with joy and playfulness both in practice and reflective study. Years of dedicated commitment have revealed a unique and skillful approach to understanding the language of movement into consciousness and its gathering into stillness.

Her practice embodies subtle mobility and sensory refinement.

She believes that our potential lies deep within and her only concern is to set it absolutely, unconditionally free. "To come to Retreat is to go beyond, it is the willingness of the beginner's mind to question that can move him past the confines of identity to the abyss of Being."

She deeply acknowledges her teachers, Orit Sen Gupta, Gioia Irwin,
Swami Muktibodhananda, Krishnamurti.
Her Mother.

What students share...

"Florence Dedame is an instructor of consummate skill, integrity and ability. She has dedicated her life to a finite understanding of the science of movement, and to being eternally open to the possible in all her students..." Verna Gregston Kona- Hawaii

"Flo's destiny as a yogi shines through and all around her. She has an unusual gift - its immediacy and authenticity benefit any one who steps close and opens to her teaching. Her path of liberation and light is direct as an arrow and natural as love."

—Kay Louise Vincent, Gabriola, BC, Canada