

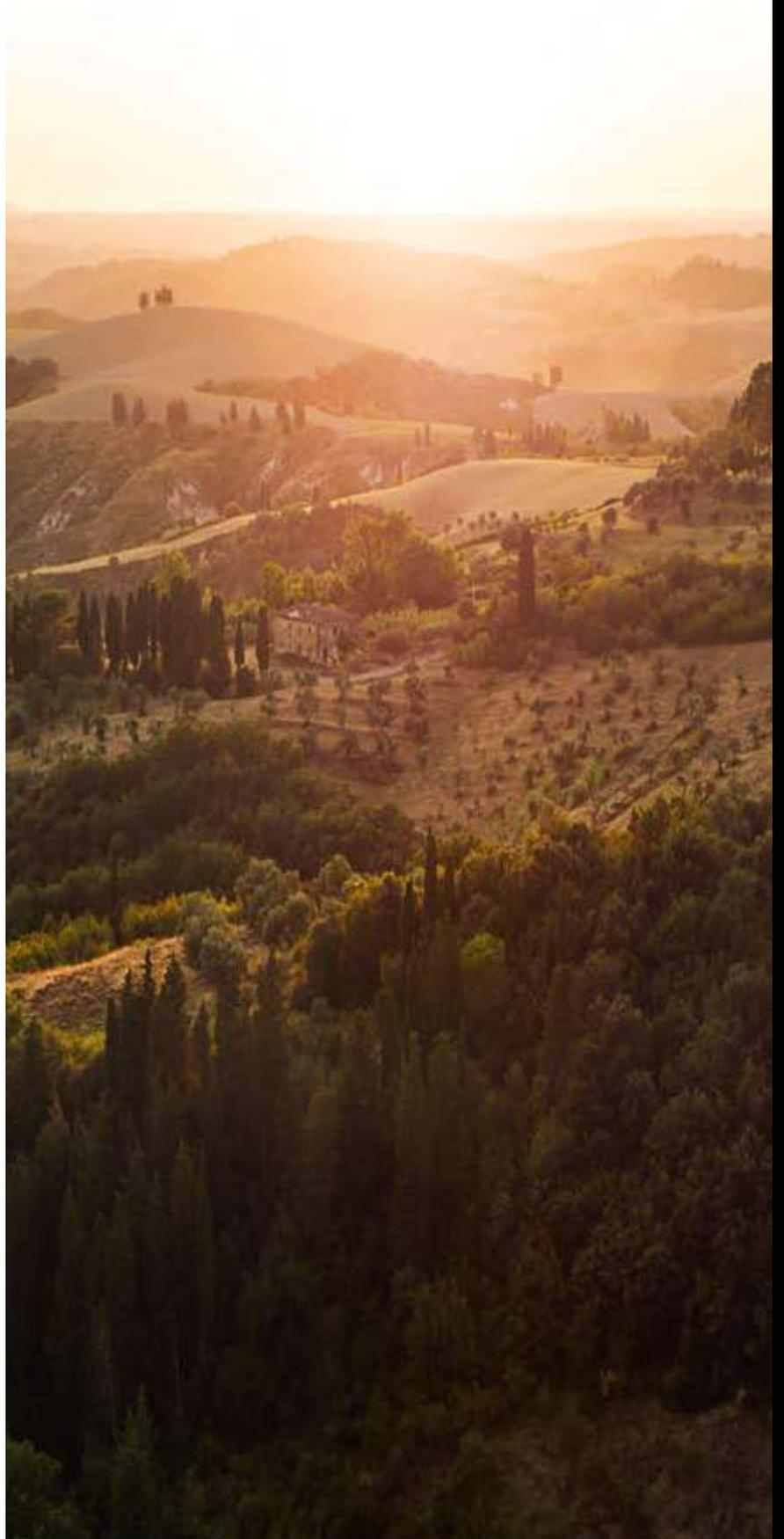
# ART OF BLISS

*A spiritual retreat  
in the heart of Tuscany*



Toscana Resort Castelfalfi

HOTELS • VILLAS • GOLF





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## Castelfalfi

September 10 to 13, 2020

### 1 Day One: *Calm The Breath, Calm The Mind*

When the breath is not controlled the mind is like a leaf blown around in a wind storm. When the wind slows down the mind settles to rest in a calm state. Learn how to bring balance to your mind creating peace and calm, regardless of stresses or challenges you may encounter.

### Day Two: *Attachment* 2

Like a fly can get caught in a spider web, we can become stuck in different levels of attachment.

The bigger the attachment, the deeper the suffering and pain. When we learn to let go, we find freedom and experience happiness.

Learn how to acknowledge your attachments and various methods of letting go.

### 3 Day Three: *Changing Perception*

Learn how to focus on positive thoughts and thinking patterns, to become a positive person and create positive experiences in your life. Become more aware of your perceptions: you can always choose what you must focus on.

### Day Four: *Integrating* 4

Powerfully use the last day of the retreat to consolidate Geshe La's teaching within yourself and to draw on his wisdom. Once back home, you will start a new life with a new perception.

Your journey to bliss has just started.

*A journey to peace,  
immersed in the silence of  
the Tuscan countryside.  
Discover how to change  
your life in Castelfalfi,  
in just four days.*



### *Art of Bliss: your retreat schedule*

Experience the art of bliss in Castelfalfi, with a tailor-made schedule to make the most out of your spiritual retreat. Breathing, Tsa Lung rejuvenating gentle exercises and quiet meditation in the morning. After a nourishing leisurely dinner, Geshe La will lead an evening session of chanting, mantra recitation and meditation at sunset.

To complete your wellness experience and make it last, Toscana Resort Castelfalfi will help you relaxing not only your soul, but also your body, thanks to exclusive guided scrub and sauna rituals and a rejuvenating lomi lomi massage at our award-winning spa. Once home, you will bring long-lasting wellbeing with you.

#### September 10 Day One

Transfer from Pisa or Florence airports and check-in  
90-minute practice with Geshe La in late afternoon  
Welcome Dinner

#### September 11 Day Two

1h breathwork, Tsa Lung exercises & meditation practice with Geshe La  
Breakfast  
2h practice with Geshe La  
Lunch  
Guided exclusive scrub & sauna ritual at La Spa  
Dinner  
1h session of chanting, relaxation & meditation with Geshe La at sunset

#### September 12 Day Three

1h breathwork, Tsa Lung exercises & meditation practice with Geshe La  
Breakfast  
2h practice with Geshe La  
Lunch  
50-minute Lomi Lomi massage with Lajatica natural products at La Spa  
Dinner  
1h session of chanting, relaxation & meditation with Geshe La at sunset

#### September 13 Day Four

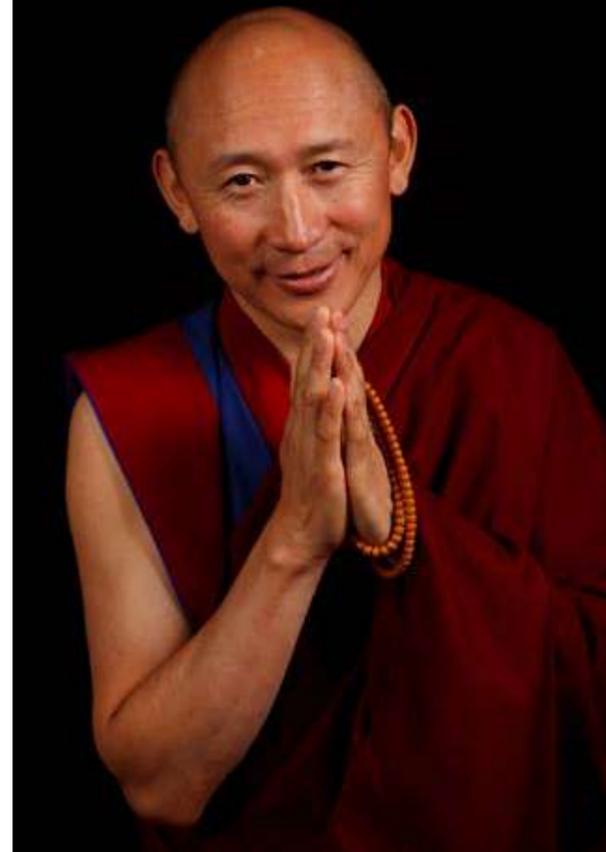
1h breathwork, Tsa Lung exercises & meditation practice with Geshe La  
Breakfast  
2h practice with Geshe La  
Farewell Lunch  
Check-out and transfer to Pisa or Florence airport

### *About the Spiritual Master:*

With his gentle approach, generous sense of humour and compassionate heart, Geshe YongDong presents his spiritual teachings from his three centres in Canada, Columbia and Costa Rica, and through a variety of videos and written material including his popular book *Calm Breath, Calm Mind*.

Born in Amdo, Tibet, Lama Geshe YongDong knew from the age of 7 that he would pursue a spiritual path. He entered the Tibetan Nangzhig Bonpo monastery at the age of 13 and after years of intensive scholarly and meditational study of Bon Buddhist philosophy, ritual and philosophy, was awarded, at the age of 24, the Rajampa Geshe degree, the highest degree of Tibetan monastic education. Travelling then to Nepal and India, Geshe YongDong met and gained personal teachings from both His Holiness the 14th Dalai Lama and from His Holiness the 33rd Menri Trizin Rinpoche, then world leader of the Bon Buddhist lineage.

Since 2000, Geshe YongDong has lived in Canada spreading the sacred and spiritual teachings of Tibetan Bon Buddhism in many countries. He is also actively engaged in the International Non-Sectarian Tibetan Buddhist organization and is its current Vice President.



*A spiritual retreat surrounded by  
the glorious Tuscan hills,  
to discover our own inner strength  
and peace thanks to the gently  
teaching of the renowned Tibetan  
Bon Buddhist spiritual  
master Geshe YongDong.*

Immersed in the silence of the pristine Tuscan nature, you will start a journey to peace, learning specific and practical skills to take back with you into this complex world, so that serenity will be always there to help in your everyday life after leaving Castelfalfi.

During 3 sequential day-long sessions, Geshe La ("Geshe" is the highest spiritual monastic degree in Buddhist philosophy) will gently teach you special techniques of breath control to calm the mind, Tsa Lung physical exercises to relax the body, mindfulness practice to heighten awareness of the present moment, and sacred meditation to be nourished by the always available inner peace of the heart.

## ART OF BLISS

*Starting from € 2,800 in Double-Single-Use Deluxe Room*

**CASTELFALFI, 10 - 13 SEPTEMBER 2020**

- 3 nights at Il Castelfalfi – TUI BLUE SELECTION, per 1 guest
- All meals included (except alcoholic drinks)
- Transfers from and to Pisa and Florence airports
- Daily group lessons led by Geshe YongDong
- 1 guided exclusive scrub & sauna ritual at La Spa
- 1 Lomi Lomi 50-min massage with Lajatica natural spa products
- Access to La Spa (spa kit included)

Supplement for a second guest in the room: € 1,000.

Exclusive 20% discount on our best available rate for longer stays on a bed & breakfast basis.

Can't wait to start your journey to peace?

Contact us to book your room. Limited availability.

[reservations@castelfalfi.it](mailto:reservations@castelfalfi.it) | +39 0571 892000



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**TUI BLUE**

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CASTELFALFI, MONTAIONE (FI), ITALIA  
+39 0571 892000 - [INFO@CASTELFALFI.IT](mailto:INFO@CASTELFALFI.IT) - [WWW.CASTELFALFI.COM](http://WWW.CASTELFALFI.COM)