



June 2023 at LdM Tuscania

YOGA WELLNESS WORKSHOP: BODY AND SPIRIT

Explore the physical and spiritual sides of this ancient practice in Tuscania,
a historical town in the charming countryside of northern Lazio



Located among rolling hills and lush surroundings, LdM Tuscania offers the perfect setting to explore Yoga in a holistic manner, as an experience that embraces mind, body and spirit. Explore the physical and spiritual sides of this ancient practice in Tuscania, a historical town in the charming countryside of northern Lazio.

Course Details

This summer workshop offers an immersive experience in the Yoga tradition. During a one-month program, students will have the opportunity to explore the spiritual, mental, and physical practice of Yoga: as a path to attain spiritual realization and union with the divine, as a way to quiet the busy modern mind (mindfulness), and as a healing and balancing physical daily practice. The workshop will focus on Yoga's roots in ancient India through the analysis of ancient sacred texts such as the Bhagavad Gita and the Yoga sutras, as well as on Yoga's current popularity and place in western culture. Thanks to the strong practical component of this course and a daily Yoga practice, students will learn various breathing (Pranayama) and meditation techniques along with yoga's sister discipline, Ayurveda, a five-thousand-year-old Indian healing system, while gaining a practical, first-hand understanding of varied types of Yoga such as Hatha, Vinyasa, Ashtanga, Iyengar, Kundalini, Yin, as well as Restorative, and newer yoga therapies for eating and addictive disorders. Once a week lesson students will take part in off-campus practical activities in some of the most enchanting locations of the area, in places of great historical importance and of natural interest.

This course is part of the didactic offering of LdM Religious Studies Department, and is offered in collaboration with the School of Religious Studies (SoRS) of the Center for Ancient Mediterranean and Near Eastern Studies (CAMNES), a research institute based in Florence and dedicated to the investigation of religion in ancient and modern communities. Please note that students must present a valid health certificate to LdM during the application process in order to be enrolled.

LdM course code: REL 221 T

Contact hours: 60

Credits: 3

Tuscania: the town

Full of history and beauty, Tuscania is an ancient town surrounded by historic medieval walls, with plenty of cultural and artistic activities to offer, as well as a magnificent countryside. Cultivated fields, luxuriant orchards, rows of olive trees, lush vineyards and fragrant fields of lavender offer the ever-changing charm of a landscape that boasts a unique color palette throughout the seasons. The town and the surrounding area host a surprisingly large number of Etruscan necropolises, as well as Roman archaeological remains and Early Middle Age Romanesque churches of great historical and artistic relevance.

Tuscania is approximately 1.5 hour drive from Rome. From the Tarquinia train station, students can reach Rome's Fiumicino Airport by train in approximately 1.5 hours. Free transfers are offered on Thursdays and Fridays to reach the nearest train stations (Tarquinia or Viterbo) and on Sundays from Tarquinia train station to Tuscania.

Activities

LdM Tuscania offers diverse free activities throughout the week, including herb laboratories, ayurvedic cuisine lessons, sensorial paths, and local food trails. There are also sport activities such as swimming in an outdoor pool with natural hot spring water, jogging, hiking in the gorgeous woods of the Tuscia region, exploring the magic and beauty of lost towns and mysterious hermitages.

Date

June 2023: May 31st to June 29th

Deadline for application

April 10th, 2023

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