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June 2024  
*Yoga Wellness Workshop*  
*Tuscania*

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# *Yoga Wellness Workshop*

## About the Workshop

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. The workshop is offered in English.

Students who are interested in earning US credits can require more information by writing to [info@ldminstitute.com](mailto:info@ldminstitute.com)

## Application Deadline

April 10th 2024



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