

# SAN FANTINO

Azienda Agricola e Locanda  
San Giovanni a Piro (SA)  
[www.sanfantino.com](http://www.sanfantino.com)

## YOGA AND DANCING RETREAT WITH ANTONIA MARTINEZ From the 14<sup>th</sup> to the 20<sup>th</sup> of June 2016



Following the success of the last few years Locanda San Fantino is hosting another Yoga retreat this time with Antonia Martinez, an established yoga teacher from Barcelona that is also a dancer, performer, therapeutic and massage specialist and astrologer.

As you may know, we are located in one of the most enchanting and beautiful parts of the Cilento National Park close to the Mediterranean Sea. This is a home-from-home for people who love beauty, food and tranquility.

This retreat combines yoga with dancing, astrology and therapeutic exercises in breathtakingly beautiful places, great comfort accompanied by delicious and healthy food.

Yoga offers health and mental benefits to everyone; our retreat with its workshop style approach is created to deepen your individual understanding. *Beginners are welcome.*

### **About Antonia**

Dancer, performer, yoga and therapeutic movement instructor, astrologer, nature therapeutics

and massage therapist, Antonia has been in the last ten years sharing her passion about healing arts, yoga, belly dance, improvisation and free movement, art and creative expression in her classes as well as in her astrology readings, healing sessions and performances.

### **Yoga**

For over 10 years yoga has been a part of her personal practice. Her influences range from different traditions such as Kryshnamacharya, Vinyasa, Sivananda, Yin Yoga, and others. She completed her yoga certification with Ganga White and Tracey Rich at the White Lotus Foundation in Santa Barbara, California. The Yoga she practices and shares in her classes has no dogmatism and is intended to respect and honour each individual's own proprioception and inner balance.

### **Dancing**

She began performing with belly dance and over the years she has incorporated elements of other traditions and techniques into her performances, such as the release, body-mind centering and authentic movement and improvisation, making her performances conceptual, open and mystical. She often combines live music, poetry and ceremonial rituals in her performances which help the dance develop and evolve in an improvisatory and creative nature.



### **Massage Therapies**

Since 2005 she has been practicing a style of therapeutic bodywork that combines different techniques such as deep tissue massage, polarity therapy, core synchronism, reflexology, shiatsu, medical qi gong, reiki, aromatherapy and crystal therapy. 60 and 90 minutes treatments available by appointment at additional cost, advance booking advised.

### **Vegetarian Detoxing Cuisine**

Our well balanced, imaginative and delicious food is based on Mediterranean flavours and is freshly made from locally grown organic produce, combining a healthy balance of raw and

cooked ingredients. In addition we provide every day a soup made with wild medicinal herbs that have amazing detoxing properties.

### **Leisure time**

In addition to the pool and the various relaxing places around the Locanda there are mountain walks, boat rides to wild beaches, exploring local towns, etc.

### **Logistics and schedule**

Arrival on the 14<sup>th</sup> June afternoon, departure on the 20<sup>th</sup> June morning. There will be a yoga session on the evening of the 14<sup>th</sup> and one on the morning of the 20<sup>th</sup>. Then every day a yoga session in the morning and one in the evening including meditation. Dancing will be after dinner.

### **Prices**

Euro 790 for shared room (Euro 132 per night)

Euro 1,090 for own room (Euro 182 per night)

Prices include accommodation, yoga, dancing and all meals excluding alcoholic drinks.

Massage: 30 minutes 50 euro, 45 minutes 75 Euro

### **Contacts and info:**

Email: [seba@sanfantino.com](mailto:seba@sanfantino.com)

For more information about the venue please look on [www.sanfantino.com](http://www.sanfantino.com)