

A woman with blonde hair, wearing a red jacket, is sitting in a field of tall, dry grass. She is looking off to the side, away from the camera. The background is a soft, out-of-focus field of grass under a hazy sky.

5-10 AUGUST 2024

# EMBODY THE ENERGY OF LOVE

YOGA RETREAT IN ROMANIA

A UNIQUE EXPERIENCE TO CONNECT  
& SHARE

# *THE DREAM OF LIVING*

- THE MAGIC EXPERIENCE OF GLAMPING
- FULL IMMERSION OF YOGA, BREATHWORK & MEDITATION
- AN INCREDIBLE JOURNEY IN ROMANIA
- TREKKING, NATURE, RELAX
- AN AMAZING VEGETERIAN FOOD
- LOVE, NEW FRIENDS, CONNECTION



An exclusive yoga retreat born from the collaboration of YogaEmbodiment and YogaPhilia, founded respectively by Giada Giovannoni and Ludovica de Pamphilis.

Our desire is to unite people on an introspective journey within themselves. We believe in the power of yoga to connect heart and mind by returning to the dimension of the body, by listening, meditation, and breath-work.



EMBODY THE ENERGY  
OF *LOVE* *is the union of*  
*our visions:*

Practicing yoga is a way to  
release tensions, stagnant  
energies and be able to listen  
to deep emotions and desires,  
embody love, feel it within  
ourselves, to become aware of  
what we are and to unleash  
our potential.

# THE MAGIC OF GLAMPING

We chose a magical place to set our retreat: a family-run glamping in the middle of the forest, on the slopes of Transylvania and the Carpathian Mountains, the largest mountain range in Europe.



# YOGA WITH GIADA & LUDOVICA

*Get ready for  
total immersion  
in yoga,  
a  
transformative  
experience,  
That will  
change your  
practice in  
depth.*

ASHTANGA

YOGAEMBODY

WORKSHOP INVERSIONI & FLESSIBILITA'

WORKSHOP FILOSOFIA DELLO YOGA

PRANAYAMA E MEDITAZIONE



# GIADA GIOVANNONI

Giada is an enthusiastic yoga teacher, Personal Trainer and Pilates instructor, with more than 10 years of experience. She studied Yoga in India, in Rishikesh; traveled and taught all over the world.



She has given life to an eclectic, creative and innovative teaching: YOGAEMBODY, a Yin ~ Yang flow.

Giada wants to convey yoga as a tool and means through which to get in touch with the most intimate emotions through the free movement of the body.

A woman with dark hair tied in a bun, wearing a grey athletic top and shorts, is performing a handstand on a pink yoga mat in a park. She is looking down at her hands. The background shows trees and a stone structure.

# LUDOVICA DE PAMPHILIS

Ludovica began practicing yoga driven by the desire to know herself more deeply and to be more in touch with her body.

She practices ASHTANGA YOGA, a traditional dynamic style based on breath-movement synchronization. She became a teacher in Mysore, India, followed by MV Chidandanda.

She teaches yoga to help people love themselves, to have the courage to believe in themselves, motivating them towards inner and spiritual change. In 2024 she founded YogaPhilia, which represents the bridge between her philosophical studies and yoga.



# PROGRAMMA

- Yoga practice in the morning:  
Ashtanga yoga
- A delicious and healthy vegetarian  
brunch.
- Yoga practice in the evening:  
YogaEmbody, with Breathwork  
(Pranayama) and meditation.
- Creative vegetarian dinner by  
candlelight in a magical  
atmosphere.
- Day trips: trekking in the Bucegi  
mountains, cycling, nature walks
- Visit to the beautiful Sinaia, where  
you will breathe the magic of  
Transylvania
- Visit to the wonderful Peles Castle
- Sangha: Practices of sharing  
around the campfire under the  
stars.



# SPECIAL WORKSHOPS

- Workshop backbanding
- Workshop Inversions
- Life coaching and self growth's exercises
- Yoga Philosophical Principles Workshop



YOU WILL JUST LOVE IT





It's time to book your spot,  
You just need to contact us

**+39 3318584182** (Ludovica) - **+61434948043** (Whatsapp Giada)  
**+39 3279046443** (Giada's phone)

or via mail

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**ludovicadepamphilis@zohomail.eu**

Follow us on Instagram: giadayogaembbody e ludovicadepamphilis

# HOW TO REACH US

By plane to Bucharest,  
and subsequent Uber transfer from the airport to our beautiful  
glamping in Breaza (1 hour).





