

TODI - ITALIANO & YOGA

For years, yoga has been part of our lives, both as individuals as well as creators of language courses. The program we are presenting combines our two passions: teaching Italian and practicing yoga.

The word “yoga” comes from the Sanskrit root meaning “union”, and the union we want to propose is that between us and nature, between mind and body—both of which are involved in learning Italian—between the left and the right hemisphere of our brain.



ITALIAN THROUGH YOGA AND YOGA THROUGH ITALIAN

- “Beyond language” Italian language course
- Immersion in nature
- Breathing and relaxation exercises
- Morning and evening physical exercise
- Accommodation in apartments (shared or independent) or with a family
- Afternoon activities in Italian:
 - outings to cities of art
 - nature walks
 - mandala creations
 - rebirthing sessions

For years, teaching methods have focused on the left hemisphere which is analytical, logical, detail-oriented and acts on short-term memory. The right hemisphere, on the other hand, is analogical, works on association, feelings, images and intuition, is responsible for the emotional sphere and above all, for long-term memory. We have integrated physical and mental exercises to our teaching approach, in addition to practical and experience-based activities, giving space to creativity thus making the participant feel drawn in first hand. Meditative walks in the woods and mandala creations with leaves and flowers stimulate the participant to express himself amidst a real setting, as per the constructive principle. There are three rhythms within our bodies: heart beat, breathing and brain waves. It is easier to control mental flows in a meditative and relaxing setting. Furthermore, by practicing Pranayama, one can obtain breath-control.

Umbria, the green heart of Italy, land of meditation and spirituality, is a place of mysticism and energy which has touched many hearts, and where St. Francis of Assisi and St. Claire were both born. The combination of these two elements in a setting like the city of Todi, which is especially suited, enhances the learning process.



The ability to learn new skills is highly influenced by the freedom of our brain to create new neural connections. This process occurs easier in situations of calmness and mental emptiness. Guided meditation in Italian at sunset allows the student to connect with the Italian language much easier than if learning it in a normal classroom setting.

When the stress level, caused by various factors, is quite high, it can cause barriers limiting our capacity to learn. Studying in a relaxed atmosphere, where the student can feel undisturbed in terms of his own rhythms and express himself freely, leads to a lowering of his barriers and a higher openness towards new information which, in turn, transforms into language acquisition.

ITALIAN AND YOGA PROGRAM

GROUP COURSE (MINIMUM NUMBER: 4 PARTICIPANTS)

Monday - Friday

07:00 - 08.30 Physical exercise with pranayama

09:00 - 11:00 Italian lesson

18:00 - 19:30 Physical exercise with meditation

Monday

14.30 - 17.00 Walk in the woods

Tuesday

14.30 - 17.00 Mandala creations with leaves and flowers gathered in the woods

Wednesday

12.00 - 18.30 Excursion to Assisi

Thursday

14.30 - 17.00 Rebirthing session

Friday

Afternoon free