

Together WE RISE

Vishoka Meditation® Retreat in Tuscany

23 - 26 October, 2025



Rooted in the ancient wisdom of the Hímalayan Tradition

Hosted and Guided by Natalie Backman at Agriturismo La Fontaccia

Practitioners of all levels are welcome

Are you ready to explore your spiritual practice and personal potential guided by the light of a living tradition?

Join us for an immersive weekend of meditation, Yoga Nidra, satsang, nature, rest and reflection. Let us welcome you to the Himalayan Tradition of Tantric Yoga through practice, study and community.



What can you look forward to?

Perched atop a hillside in Tuscany, restore your soul with a balance of solitude and community. This retreat is an opportunity to slip *out* of your daily routine and *into* a sacred experience of yourself and the world, supported by the land, food, wisdom and innately nurturing rhythms of this beautiful part of Italy.



Daily Itinerary

Subject to change

Greet each morning with the daily prayers of the Himalayan Tradition

Connect deeply through an hour of guided pranayama and meditation

Enjoy a fantastic spread of breakfast delights provided by La Fontaccia

Wander over fifty acres of olive trees interspersed with wild woodlands

Help prepare and then eat lunch at Natalie's house in community

Study the ancient wisdom of the Yoga Sutra and the Bhagavad Gita

Savor sweetness, silence, and stillness anywhere you wish to roam on the property

Gather for a complete practice of asana, savasana, pranayama and meditation

Feast on a traditional Tuscan dinner with our hosts at La Fontaccia

Enjoy a little more quiet time before retiring, at your leisure, for the evening

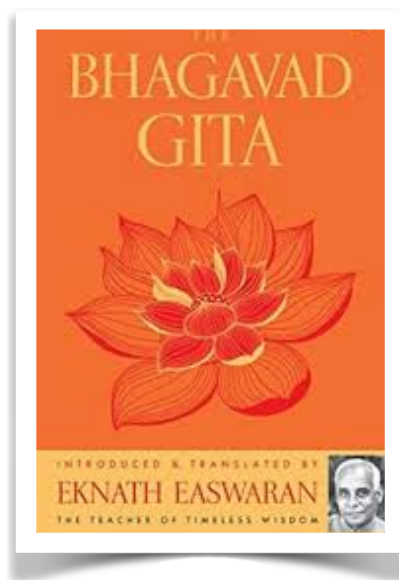
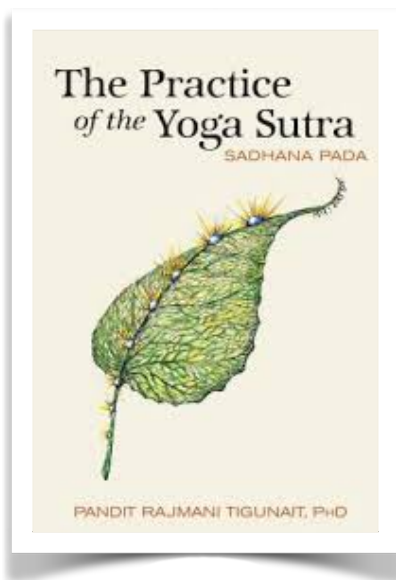


The Theme for this Retreat

Together WE RISE is an invitation to do the deeply personal work of healing in preparation to make your unique positive impact on the world. It is an invitation to experience authentic connection within a community which is genuinely committed to unconditional support, acceptance, and encouragement.

Together WE RISE is a call to engage in meaningful, impactful action which is informed by the wisdom of the yoga tradition as well as your own deep inner knowing. It is an invocation of your highest self.

Together WE RISE will be rooted in the overlayed wisdom of the second chapter of the Yoga Sutra and the Bhagavad Gita, specifically the correlation between Kriya and Karma Yoga : the yoga that we 'do' and the impact this 'doing' has on our personal destiny and the rest of the world.



Vishoka Meditation®

As human beings we were born for more than struggle and strife, for more than merely surviving.
Human birth is a gift, an opportunity to experience beauty and meaning.

We were born to thrive. The ancient yogis knew this and through countless generations have curated and passed down a systematic approach to lifestyle, practice, and contemplation which generously and genuinely affords us the opportunity to claim this birthright. One of these systems is the practice discussed at length in the Yoga Sutra, Vishoka Meditation®.

Vishoka Meditation® will be the vehicle through which we rise and fulfill our greatest potential.

Guided by Natalie Backman



Assisted by Stefanie Seher & Pamela Solanki

Hi, I'm Natalie. I am what we call a *lineaged* teacher of the Himalayan Tradition. I have been dedicated to my practice for nearly twenty five years, and sharing my knowledge and experience for over ten. I found my way home to the Himalayan Tradition through my first teacher, Tracee Stanley. I now study with Pandit Rajmani Tigunait and am grateful to be held in such a kind, compassionate community of fellow seekers and practitioners. I honor the tradition's wisdom and methodology while sharing from my heart, based on my own embodied experience and the ways in which the tradition has come alive in me.

Learn more about me and my philosophy at
www.NatalieBackmanYoga.com



We will close the retreat with a ceremonial bonfire on my property.

Lodging at La Fontaccia



La Fontaccia is an agriturismo - *olive farm meets bed and breakfast* - located near Florence, Tuscany.

A farmhouse which has been in the family for over one hundred years, it is owned and operated by my dear friends, Samuele and Elisabetta. This is where you will sleep and enjoy breakfast daily and dinner most nights. My home is a short walk up the hill, which is where we will have our daily practices and many of our meals. Between La Fontaccia and our property, you will have over fifty acres of Tuscan countryside to explore at your leisure.

La Fontaccia has seven available rooms and suites. You can choose to share a room - *some of which have two single beds, others one double bed* - or have a private room to yourself. Each room has a private bathroom, aside from one suite which has two bedrooms with one shared bath. Some also have a small living space and kitchenette. Room selection will be *'first come, first served,'* meaning the earlier you register for the retreat, the more selection you will have for your room.



Rufina

La Fontaccia is located in the town of Rufina, approximately 25 kilometers outside of Florence. Florence is the closest airport. From the airport, take the tram to the Santa Maria Novella train station, then the local train to Rufina where we will pick you up. You can also arrive by car.

Driving directions will be provided.

Preview the rooms at [Agriturismo La Fontaccia](#)

Traditional Tuscan Cuisine

with consideration of contemporary dietary needs

The food for this retreat will feature traditional Tuscan countryside home cooking. The menu will not be strictly vegetarian, though vegetarian, vegan and gluten free options will be made available upon request.

Please make your requests at least one week prior to the beginning of the retreat so we can plan accordingly.

Breakfast will feature a wide selection of items including fresh fruit and fruit juice, yogurt, granola, various breakfast cakes, bread, cheese, cured meats, frittata, and more. Coffee and tea are also available.



Most lunches will be prepared and enjoyed in community at my home. You can join in the cooking or sit back and relax while the meal is being prepared. Together we will make (among other delicious things) pasta, granola, biscotti, and fresh baked bread!

Dinners will happen either at La Fontaccia or at my home, and will be enjoyed family style.

Investment

**includes lodging, food, programming, transportation from Rufina train station to La Fontaccia*

Shared room : 600 euro

Private room : 900 euro

Deposit : 200 euro to reserve your room

Balance due : 23 September, 2025

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Check in 3pm 23 October / Check out 11am 26 October

To Register, connect with me via email at NatalieBackmanYoga@gmail.com