



VESSEL PRESENTS

trance and
transcendence

A 7 DAY DEEP-PRACTITIONER RETREAT
AUG 3-10, 2019

EBBIO AGRITURISMO
TUSCANY, ITALY



about vessel

Founded in 2010 by Brooklyn based Yogi & musician Michael Hewett, Vessel teaches a whole life educational training in the mystic arts based on Tibetan Buddhist and Indian Yogic lineages. Vessel strives to impart a holistic view of mental health and physical wellness for every day life practice by modernizing the ancient Yogic wisdom.

vesselacademy.co

about ebbio

Ebbio is a site steeped in history, a restored thirteenth century farm that draws on the peace of the Tuscan atmosphere to create a beautifully tranquil spot for retreats and holidays. A fully operating farm, Ebbio takes pride in preparing fresh food grown on its own soil for retreats and gatherings.

ebbio.it





the retreat

Vessel returns to Ebbio this August!

This is a week-long intensive course for practitioners, prospective Yoga teachers, and beginners.

Our focus will be how to effectively create and sustain transcendent experiences through the combination of physical, energetic & meditative practices.

Michael Hewett will teach the universal alignment principles of all the asanas and how they combine to activate the subtle body to explore higher realms of consciousness.

A group of people are practicing yoga in a room with a brick vaulted ceiling. They are in a lunge position with their arms raised. The room has wooden floors and blue mats. The text 'daily program' is overlaid on the image in a white serif font.

daily program

meditation

MIND TRAINING IN THE ANCIENT INDIAN
BUDDHIST TRADITION

Learn how to relax the body while maintaining optimal awareness of your surroundings, quiet inner dialogue, stabilize and lengthen attention span while cultivating a loving relationship between the conscious & unconscious minds.

asana

ALIGNMENT & ANATOMY

'Asana is the physical practice of Yoga, taught to ingrain and embody the teachings.

This module is designed for practitioners at all levels. We will dive into anatomy & alignment mechanics of the postures and variations while respecting & transcending boundaries.



light through the veins

SUBTLE BODY ACTIVATION

Based on the sacred instructions & practices of the Tibetan & Indian Yogic traditions, you will learn how to raise, direct, sustain, release, and ground energy (kundalini).

We will cover how the energetic anatomical system works within levels of consciousness.

dharma

THE LAM RIM

The Lam Rim (Steps on the Path to Enlightenment) is the masterpiece of Tibetan Buddhism.

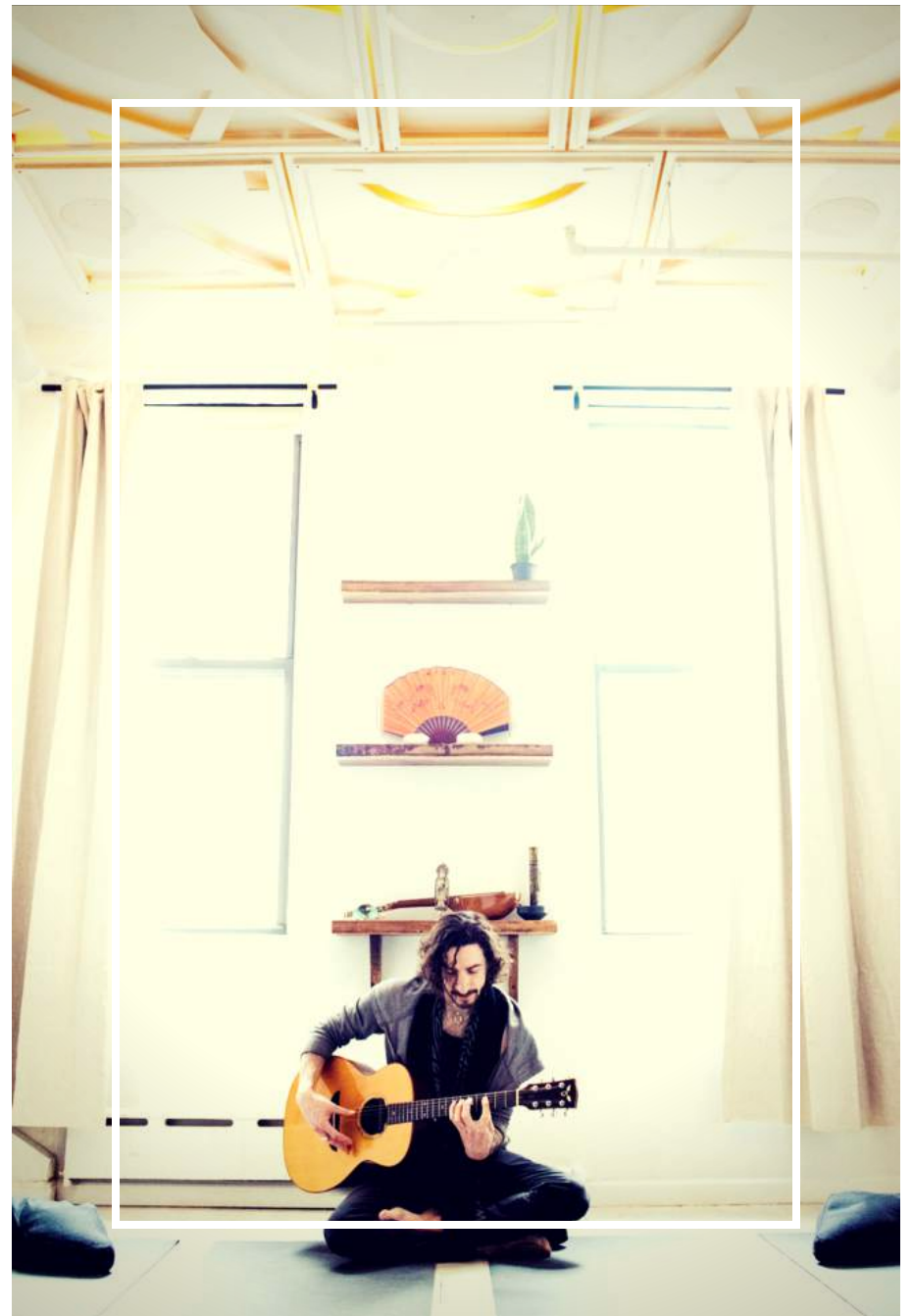
Channeled by the father of the Dalai Lamas in the 14th century, it is said to contain all of the essential instructions & practices for Awakening, set down in the ideal order to learn them within a single text.

music and celebration

CUSTOM PLAYLISTS, GUITAR SETS, AND LIVE
PERFORMANCES WITH MICHAEL HEWETT

We believe that by weaving Yoga with music, we can integrate it more seamlessly into our lives outside of the retreat.

Michael composes playlists for each asana class, designed to ignite and stoke the inner fire alongside posture progression.





the ebbio experience



We will nourish you from the inside out.

We will dine on farm fresh food each day, enjoy comfortable lodging, explore local landmarks on dreamy Tuscan outings, interact with nature and animals on the farm, and experience unique events in true Italian tradition.

The retreat includes one scheduled day trip to the Tuscan seaside, and several local exploration options.



packages

All package prices include the 7-day program, one planned outing to the seaside, meals, salons, and lush accommodations.

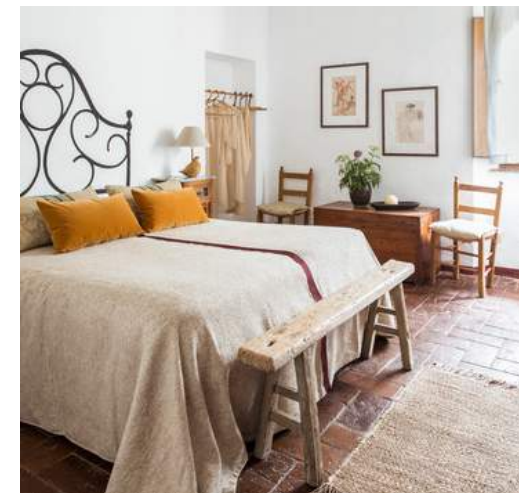
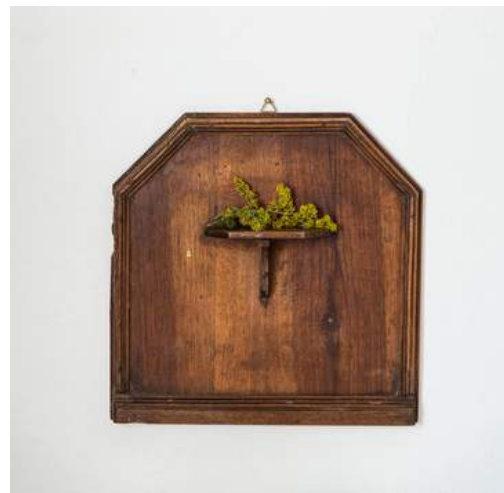
There are comfortable single, double, or triple/quad rooms available.

7 day retreat + single room: €1,800 | \$2,025
7 day retreat + double room: €1,500 | \$1,700
7 day retreat + triple/quad room: €1,300 | \$1,475

PAYMENT SCHEDULE:

Please send your 50% deposit to Vessel (USD) or Ebbio (EU) ASAP to reserve your spot. Remaining 50% due upon arrival.

[USD prices subject to current exchange rates, minor price adjustments may occur.]



getting there

For US travelers:


FLY into ROME FCO (Leonardo da Vinci-Fiumicino Airport)

We will supply a shuttle (~€80/person) for the 4 hour drive to Ebbio from FCO on August 2, or you can rent your own vehicle.

For EU travelers:

FLY into FIRENZE FLR (Aeroporto di Firenze-Peretola) or PISA PSA (Galileo Galilei Airport)

You may take a train, rent your own vehicle, or we can help arrange private transportation (~€90) to Ebbio



We can help
you arrange your
transportation and
plan your trip!
Contact Us <3

see you in tuscany!



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