

YoGAMUT

THE FULL SPECTRUM OF  
BODY, MIND, AND BREATH



# Sacred Summits

awaken your inner fire

6-day

Yoga and Personal Growth  
Retreat

on Mt. Etna, Sicily

14 - 19 october 2024



Conquer Fear

Defeat Insecurities And Anxiety

Learn to Relax

Improve Sleep

Manage Stress

Expand Your Comfort Zone

Improve Mind/Body/Breath Connection

Overcome Trauma

Find Purpose

Work Towards Real Freedom

# Sacred Summits by yogamut

**Welcome** to our transformative 5-day retreat nestled on the majestic slopes of Mt. Etna, an extraordinary fusion of nature's raw power and tranquillity.

**Let the energy** of the ancient Himalayan techniques liberate you from the shackles of limiting beliefs, repetitive behaviors, unhealthy thought patterns, and negative habits that breed stagnation.

**Learn and bring** with you scientifically proven techniques to earn mastery over your nervous system, vitality, and positive thinking.

Set the stage for the manifestation of a new life of sustainable **wellness and health.**



# Highlights



## **\*\*Guided by Visionaries\*\***

From a life of dullness Daniele and Elena stepped out of their comfort zone, conquered their fears and traumas and crafted a dream life. Let them help you uplift your own unique journey.

## **\*\*Yoga and Tantric Wisdom\*\***

Immerse in transformative practices from the Himalayas, featuring kundalini kriya, breathwork, conscious sleep, Nada Yoga, and more. Unlock your dormant potential for healing and self-discovery.

## **\*\*Nature's Mighty Power\*\***

Absorb breathtaking views of Mt. Etna, one of the most dynamic volcanoes on this Earth, sinking into the majesty of a land where fire meets earth, air, water, and space.

## **\*\*Primal Connection\*\***

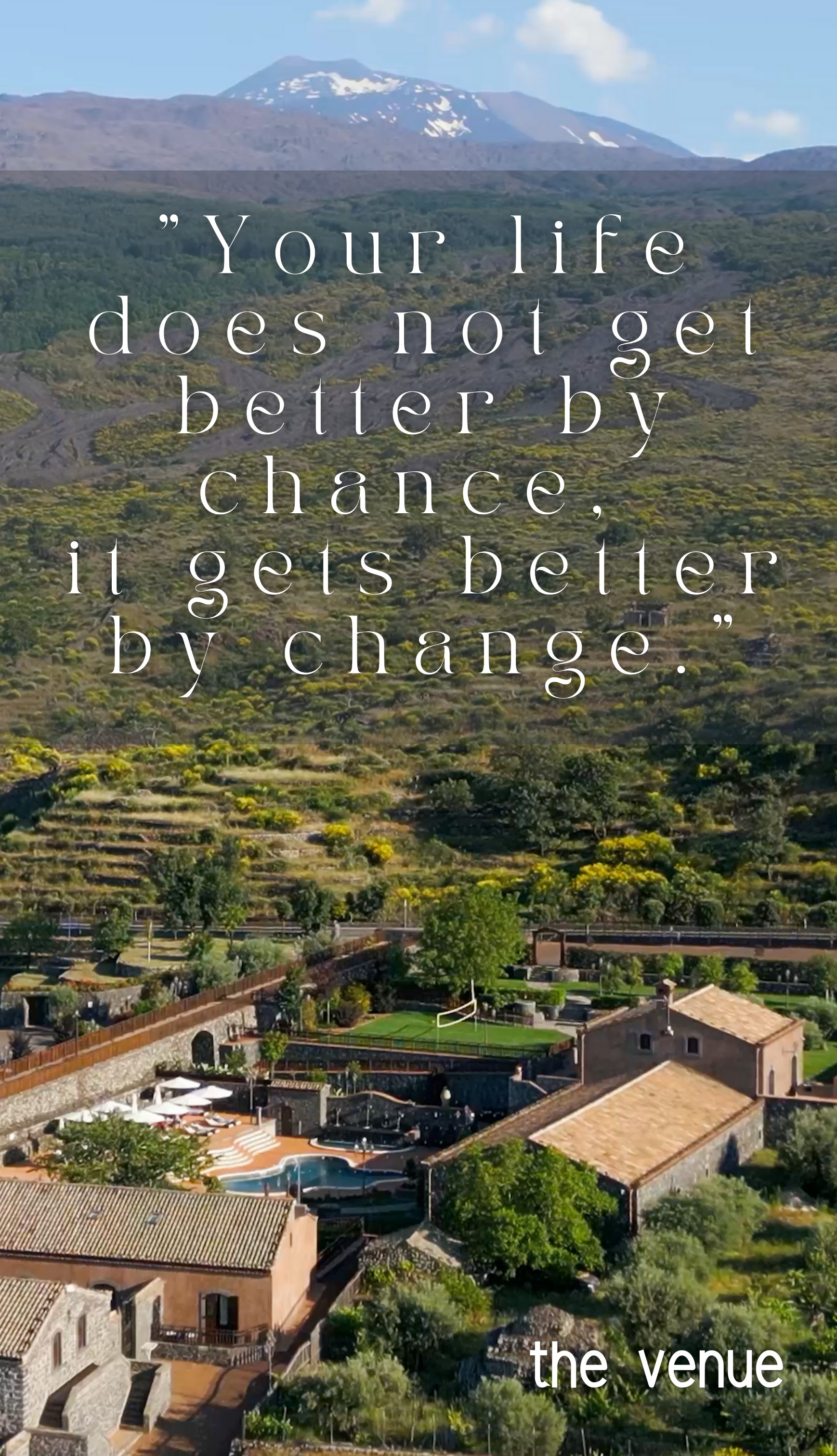
Trek to the Megaliths of Argimusco, Sicily's stonehenge, a celestial calendar and sacred site, revealing the mysteries of ancient wisdom.

## **\*\*Culinary Treats\*\***

Indulge in Sicilian cuisine and reap the benefits of Mediterranean diet, promoting longevity while delighting our senses

## **\*\*Superb Hospitality\*\***

Luxuriate in rural charm at Etna Quota 1000, where traditional ambiance meets modern comfort, with an inviting large swimming pool.



“Your life  
does not get  
better by  
chance,  
it gets better  
by change.”

the venue

# Day 1

overcome fear

*13:00*

meets and greets  
at the collection point in Catania

*14:30*

arrival at the venue

*16:00*

ROOT TO RISE:  
a yoga workshop for deep grounding

*18:00*

Fire Ceremony, and Welcome Circle

*20:00*

fulfilling dinner

*21:00*

a game practice for profound connection



# Day 2

relax and let go



7:00

morning asana practice, meditation, and breathwork

8:30

HUES OF UNITY:  
a Colorful Opening Ceremony

10:00

brunch and free time

13:00

satsang (talk about the pranic body) +  
fruit/snack

14:00

CALMING THE SENSES:  
himalayan practice for autonomic nervous system

16:00

yoga nidra systematic relaxation

17:00

free time

19:30

delightful dinner

20:30

sound healing bath

# Day 3

expand your  
comfort zone

6:45

morning asana practice, and breathwork

8:00

breakfast

9:00

hike on the lava stream + meditation + satsang + snack

14:00

return and free time

16:30

THE FIRE WITHIN - MANIFESTING YOUR WILLPOWER:  
workshop for the navel center

18:30

your time

20:00

nutritious dinner and mudra meditation





# Day 4

heal trauma



6:45

## HEART BLOSSOMS:

a workshop to forgive ourselves and the universe

10:00

brunch and free time

13:00

satsang (talk about the mental/emotional body) +  
fruit/snack

14:00

kriya yoga for the hearth chakra

16:00

cosmic love yoga nidra

17:00

walk to Randazzo

19:30

delightful dinner in Randazzo



# Day 5

find purpose

6:45

morning asana practice. and breathwork

8:00

breakfast

9:00

trip to the Argimusco Megaliths  
+ meditation, satsang, and snack

15:00

return and free time

16:30

**ECHOES OF WISDOM**  
a tantric practice to tune into our intuition

18:30

your time

20:00

nutritious dinner

21:30

live transcendent music + exstatic dance



# Day 6

achieve  
freedom



6:45

THE BLISS OF THE PRESENT MOMENT  
final yoga practice

9:15

REBIRTH: goodbye ceremony

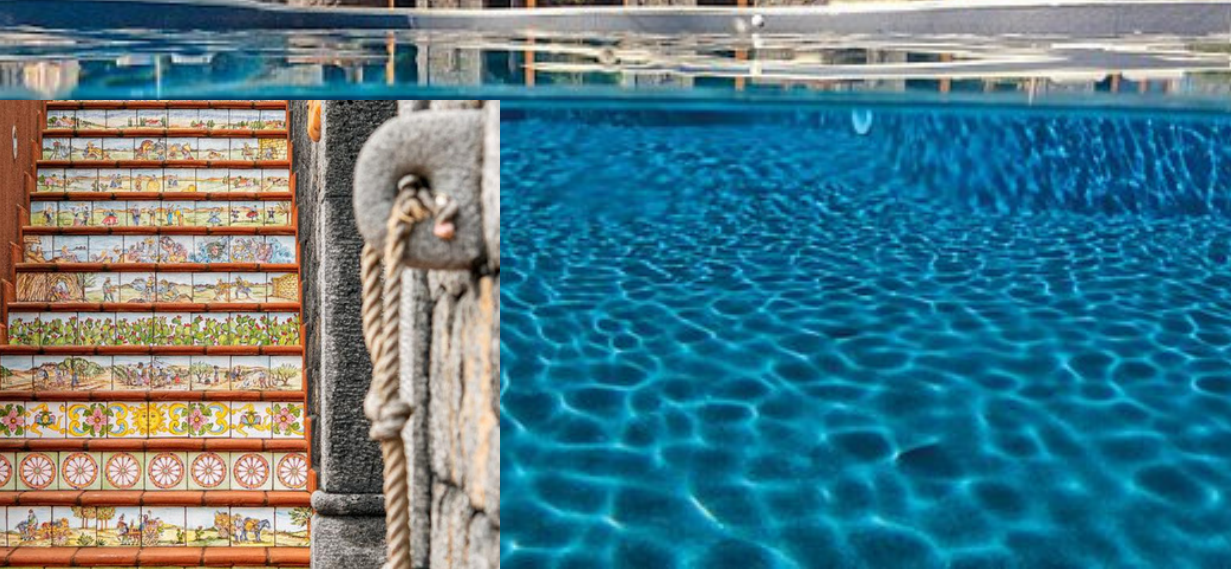
10:00

brunch and farewell



# The Venue

Etna Quota 1000



# welcome to the Dwelling Of Your Soul

Nestled on the northwestern slopes of Mount Etna, surrounded by extensive lava flows and a unique world-class landscape, Etna Quota Mille is a charming rural tourism estate.

The core of this 19th-century Sicilian farmhouse has been meticulously restored using environmentally conscious materials such as lava stone, terracotta bricks, and chestnut wood beams.

## **Immersed In Nature**

The estate seamlessly blends into the natural surroundings of the Etna countryside, with its distinctive lava flows, reachable on a morning walk, and the lush landscapes of Nebrodi. The result is an enchanting ambiance, enhanced by the meticulously maintained green spaces, ensuring guests a haven of relaxation.

## **In the Heart of the Territory**

Situated on the heights of Randazzo, Etna Quota Mille is embraced by three protected areas (Etna, Nebrodi, and Alcantara), just 30-minutes walk from the medieval city. An ideal location to easily reach the eastern coast of Sicily with the splendid Taormina and the northern coast with the Aeolian Islands.

## **Panoramic Pool Views & Nineteenth-Century Palmento**

From the expansive pool area, guests enjoy a spectacular panoramic view of Mount Etna, Europe's most significant volcano. Adjacent to the hydro-massage pool is a spacious and charming restaurant built within a monumental nineteenth-century palmento (wine press).



# Sicilian Food

traditional mediterranean delights



The Sacred Summit Retreat at Etna Quota Mille is not just a journey for the soul but also a celebration of the senses through traditional, genuine, and high-quality Sicilian cuisine.

Immerse yourself in the essence of the Mediterranean diet, where every dish is a symphony of flavors crafted from fresh, seasonal ingredients sourced from the rich soils between Etna and Nebrodi.

From homemade pasta adorned with pistachios or porcini mushrooms, to local meats and the palate-pleasing experience of our vegetarian mains. Each meal a journey through the land of bounty, from the delectable antipasti to the wide selection of world-renowned desserts, a delicious testament to Sicilian sweetness.

A real explosion of tastes Etna Quota Mille's culinary offerings are a feast for the senses, sure to awaken your inner fire.

“The world is  
full of magic  
things,  
patiently  
waiting for  
our senses to  
grow  
sharper.”

William Butler  
Yeats

Mt. Etna at sunset  
from the Argimusco Megalithic Plateau

# W o r k s h o p s

our workshops are an harmonious blend of traditional techniques from the Himalayan Yoga lineage, incorporating breathwork, physical postures and gestures, concentration, visualisation, deep relaxation, and vibration. During the course of Sacred Summits, we will get in touch with all the different aspects of our being, and learn several easy practices that you can use at home to self-regulate your nervous system.

## R O O T   T O   R A I S E

set strong grounding foundations

## C A L M I N G   T H E   S E N S E S

free yourself from negative impulses

## T H E   F I R E   W I T H I N

manifest your willpower to achieve your goals

## H E A R T H   B L O S S O M S

cosmic love - forgiving yourself & the universe

## E C H O E S   O F   W I S D O M

tune into your inner intuition

## B L I S S   O F   T H E   P R E S E N T   M O M E N T

surf the waves of life





# Adventures



## Day 1 : ROAD TRIP TO RANDAZZO

the transfer to the venue is a scenic journey itself. experience the west flanks of mt. Etna, passing on ancient and new lava streams, and soaking in spectacular views of the Sicilian East Coast, all the way to Taormina

## Day 3 : HIKE ON THE LAVA FIELDS

starting our walk straight from the venue, we'll immerse in the lunar landscapes of Etna, stepping directly on solidified magma and enjoying the gorgeous views of the Nebrodi

## Day 4 : EVENING IN MEDIEVAL RANDAZZO

a night out strolling through the suggestive alleys of the most beautiful town on the Etna

## Day 5 : THE ARGIMUSCO MEGALITHIC PLATEAU

a mystery lost in the depths of Sicilian ancestral history, the Argimusco features mesmerising rock formation. A mirror of the human nature and the universe itself, preserving the knowledge of our ancestors. From this magical place, we can admire the sight of the Eolian Islands



# Inclusions

transfer from catania  
5 nights rural luxury accommodation  
4 dinners/5 brunches  
daily erbal tea, fruit, and snacks  
hike to the lava stream  
excursion to the argimusco megaliths  
walk to Randazzo  
6 yoga workshops  
4 himalayan yoga classes  
4 yoga nidra sessions  
● sound healing  
three ceremonies  
live music event  
pool, hydromassage, and solarium  
full body massage  
yoga mats and props  
italian translator  
ongoing support via private FB forum  
one-week nervous system balance video program  
exsercise book

## EXCLUSIONS

flight to Catania  
final transfer to your next destination  
one dinner in Randazzo  
alcohol





# Investment

## sharing is caring

€1699

(shared double/triple/or quadruple room)

## shared intimacy

€1899

(couples sharing a double room, or queen bed in shared room)

## private luxury

€2.299

(single occupancy private room)

## early bird song of joy

-€200 DISCOUNT if booking prior to march 30th 2024  
(only 10 spots available)

## Bookings and reservations

deposit: €500

payment in installments plans available

To discuss room options and availability please book in a 1:1 discovery call with your host Daniele who will answer all your questions

# your guides



*Elena and Daniele, partners on a journey of love spanning 16 years, have been pedaling across the planet since 2014. Each of the 60+ countries they waded through gifting them profound insights from diverse cultures and the embrace of nature's wisdom*

## DANIELE GIANNOTTA

born in Catania in 1982, Daniele's quest for spiritual exploration began at an early age. Raised in a rasta family amidst 80s Sicily's Catholic context, as a teen he delved into mystical texts, practiced karate, and explored meditation

His 20s were marked by a deep dive into the ritual aspects of music, through ethnomusicology, and radical improvisation. Living his 30s in Asia and Africa, he mingled into diverse spiritual traditions

As a 500 RYS certified yoga teacher, he now shares his knowledge through retreats, workshops, and classes, integrating into his teachings the wisdom gained from accomplished yogis, direct disciples of B.K.S. Iyengar, Swami Veda Bharati, Swami Satyananda, Richard Miller PhD



## ELENA STEFANIN

Bologna in 1984, Elena has always been a force of nature and an independent thinker. Paving her own path, she adopted a vegetarian lifestyle at the age of 12 and embraced hard work from her school days.

After earning her bachelor in human rights and cultures she steeped in the wisdom of self-discovery, delving into the practice of hatha yoga for numerous years.

Elena's journey took a transformative turn as she embarked on a 10-year cycling odyssey around the world. Living in China and Malawi, she embraced diverse cultures, faced adversity head-on, and emerged from each experience stronger than before.

Her transformative journey reached its zenith in India, where she obtained her teacher training certificate, solidifying her commitment to the ancient art of yoga.



# The Fire Within

Majestic Mt. Etna, an earthly titan adorned in robes of fire and ashes, stands proudly as a sentinel of the Sicilian landscape. Its slopes etch tales of both fury and serenity upon the canvas of time.

Bathed in the amber glow of dawn or the crimson hues of twilight, Etna breathes life into the heavens. A sentinel of fire, it whispers secrets of transformation carried on the ephemeral wings of the wind. The mountain, akin to a heart aflame, pulses with the rhythm of subterranean passions, each tremor a poetic dance between chaos and creation.

As rivers of molten rocks cascade down its rugged flanks and bursting fountains of fire reach to the universe above, our inner fire within, like Etna's molten heart, yearns to shape the contours of our destinies, forging strength in the crucible of life's trials.

Etna's summit, a sacred pyre of dreams, invites us to gaze into the abyss of our own desires, to embrace the luminous flames that reside within. Much like the mountain's restless soul, our inner fire craves expression, painting the canvas of our existence with vibrant strokes of purpose and self-discovery.

In the shadow of Etna's volcanic majesty, we find a reflection of our own inner inferno – an elemental force that defies containment, urging us to ascend the sacred summit within ourselves.

As Etna breathes, so do we, kindling the fires of transformation that illuminate the path to our own soul's ascent.

# Sacred Summits

awaken your inner fire

secure your  
transformation  
NOW

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**YO GAMUT**  
THE FULL SPECTRUM OF  
BODY, MIND, AND BREATH

