

# FREQUENTLY ASKED QUESTIONS

*Painting Retreat Assisi/Italy*

*May 22- 29, 2020*

## 1. Which is our Daily Schedule?

### **May 22, 2020 - ARRIVAL & INTRODUCTION**

Short introduction at the Academy of Arts at 20:30. Check in will be organized individually with me depending on your hour of arrival and transportation choice.

*The following schedule is for the days between May 23 and 27, 2020*

**From 7.00 to 8.45 - MORNING YOGA & MEDITATION SESSION (OPTIONAL)** Energisation Exercises, Ananda Yoga and meditation are taught and practised by teachers of Ananda Retreat Centre.

### **At 8.45 - BREAKFAST (in silence)**

A refreshing period of silence during breakfast helps us to begin our day from the strength of our inner centre. This is an Ananda Retreat Centre custom.

### **From 9:30 to 13.30 - MORNING PAINTING SESSIONS**

Practical creative exercises, painting and engaging group discussions with a short break half-way through the morning.

### **At 13.30 - LUNCH**

Lunch is not held in silence but rather a joyful moment of sharing with other guests and the community residents if you wish to engage. In good weather there is plenty of space outdoors to have lunch in a more private environment. Afterwards you will have free time to relax, read or take a walk, enjoying the beautiful nature that surrounds the centre.

### **From 15:00 to 19.00 - AFTERNOON PAINTING SESSIONS**

Practical creative exercises, painting and engaging group discussions with a short break half-way through the afternoon.

## **From 17.45 to 19.30 - AFTERNOON YOGA & MEDITATION SESSION (OPTIONAL)**

Energisation Exercises, Ananda Yoga and meditation are taught and practised by teachers of Ananda Retreat Centre.

## **At 19.30 - DINNER (partly in silence)**

The first part of dinner takes place in silence. This is an Ananda Retreat Centre custom.

## **From 20.30 to 22.00 - FREE TIME**

The Ananda Retreat Centre is offering a variety of activities such as theatre, concerts, chanting, presentations and events. (OPTIONAL)

The beautiful medieval town of Assisi is just 16km away. Shared taxis can be organized (not included in the price).

## **May, 28th, 2020 - CULTURAL/ ARTISTIC EXPLORATION**

We will explore Assisi and Spello finishing with the closing dinner in Assisi.

## **May 29th, 2020 - DEPARTURE**

Check out at 10am (after the breakfast)

## **2. How do I get to the Academy of Arts & Ananda Retreat Centre?**

### **By car**

[Ananda Yoga Retreat Centre and the Academy of Arts are located on the backcountry road SS444 between Assisi and Gualdo Tadino.](#) From the Superstrada 75 Perugia-Foligno take the exit 'S. Maria degli Angeli' (not Assisi) and follow first the directions for *Assisi* and then for *Gualdo Tadino*; you will reach the SS444. Follow the SS444 for 16km; Ananda Retreat Center and the Academy of Arts is on top of the hill approximately 4 km after the small village of *San Presto*.

**IMPORTANT NOTE: Please don't rely solely on your GPS navigator as they often take you to the wrong place.**

## By train

From the **Assisi** train station down in the valley you can take a **taxi** to the Ananda Retreat Center and the Academy of Arts, it will take approximately 30 minutes. Otherwise you can take a **bus** to *Piazza Matteotti* in Assisi town and from there the school bus which goes up to Ananda Retreat Centre: leaving Monday-Friday at 13:55 and 16:40, Saturday at 13:55. Ask the bus driver to stop at *Ananda*.

If you are arriving from the direction of the Adriatic Sea, you can also take the **train** to *Gualdo Tadino*. Please contact me for directions for arrival from that station.

**It is recommended to book the train tickets in advance ([www.trenitalia.com](http://www.trenitalia.com)).**

## By plane

The closest airport to Ananda Retreat Centre and the Academy of Arts is Perugia. However, the best and most affordable flight connections are to Roma Fiumicino Airport. From there, Airport trains or buses will go to Roma Termini or Tiburtina train station frequently (appr. 30 minutes travel time). From either station there are connections to the train station in Assisi (appr. 2 hours travel time). From Assisi train station check the above **By Train** section for details on how to get from there to the Academy of Arts and Ananda Retreat Centre. I recommend to book the train tickets in advance online ([www.trenitalia.com](http://www.trenitalia.com)).

**IMPORTANT NOTE: Please make sure there is still a train connection after your plane arrives. Check the train schedules before you book your flight and book your train tickets in advance. Allow for enough time to make connections.**

## Car-Sharing

[Aum Aum Car is a Facebook Group](#) which serves to help guests find a ride to the Academy of Arts and Ananda Retreat Center and/ or share the trip. You can both offer rides and ask for one.

I will create a **Painting Retreat Group** in Whatsapp for those who want to join and maybe travel together sharing cars from Switzerland to the Academy of Arts and Ananda Retreat Centre. After your booking you will receive a Whatsapp invitation to the group from the following phone number: **+41 79 832 28 84 - Ana Paz**

### 3. What's the weather like at Academy of Arts and Ananda Retreat Centre?

Academy of Arts and Ananda Retreat Centre are located 16km from Assisi and are nestled in the heart of the Umbrian hills, at approximately 800 metres altitude. It can get a bit chilly after sunset. I advise you to bring a warm jumper. Although May is usually very sunny in Umbria, be prepared for some occasional rain showers. Please check the weather forecast before you leave and pack accordingly.

Also recommended are: **comfortable pair of shoes** and **clothes adapted for the painting sessions**. Necessary items: **a torch, an alarm clock and a pair of slippers**.

If you wish to participate in the yoga sessions, the following equipment is provided by the Ananda Yoga Retreat Centre: cushions for meditation, mats and blankets for yoga. Make sure to bring comfortable clothes.

### 4. Do I need to speak Italian?

You don't need to speak Italian. I will teach the Painting Sessions in English and the majority of the staff of Ananda Yoga Retreat speaks English very well.

### 5. Do I need any painting or Yoga experience to participate in the Painting Retreat?

You don't need any experience in painting or Yoga (which is optional) in order to participate in the Painting Retreat.

### 6. Is there WiFi at the Academy of Arts and Ananda Yoga Retreat Centre?

There is free WiFi connection at the Academy of Arts. At Ananda Retreat Centre there is a WiFi connection area with breathtaking views of the surrounding hills! Nevertheless, if you need fast internet or internet in your room, I recommend to take a Roaming credit.

## 7. What do I have to do in order to reserve my spot?

To reserve your spot, a deposit of **200 CHF has to be made within 7 days** of booking to my Revolut bank account specified below:

**Beneficiary: Ana Maria Fociuc**

**IBAN: GB69 REVO 0099 7002 3315 87**

**BIC: REVOGB21**

**Please note that only SWIFT transfers are accepted on this account. Once I receive the deposit, I will confirm the receipt.**

## 8. When do I have to pay the total price ?

The total price has to be paid latest by **March 2, 2020**, otherwise your reservation will be cancelled (and below cancellation terms will apply).

## 9. Which is the Cancellation Policy?

The retreat investment already paid in (deposit or total price) will be fully refunded within 7 days if I have to cancel the retreat for health or business reasons. A cancellation of the retreat for business reasons (less than 5 retreat participants) will be announced latest on March 9, 2020. It is advisable to organize transportation once the retreat is confirmed (it will be confirmed as soon as 5 people have booked their place and paid their deposits). I will not be responsible for any changes made for your transportation choices if I have to cancel the retreat for health or business reasons.

Once it is confirmed, there are no refunds for this retreat unless I am able to fill your spot. If we are able to fill your spot, a 100 CHF cancellation fee will apply, and the rest of your retreat investment (deposit or total price) will be refunded. If we are not able to fill your spot, there will be no refund issued.

In case of a natural disaster or similar unforeseen reason, I will reserve the right to make any necessary changes to the retreat or cancel it. In case of a cancellation, I will offer you a full refund and the option to book another retreat. However, in this case, I will not be responsible for any changes made to your transportation choices.

## 10. How do I transport my paintings back home?

By car: the big canvases (3 canvases of 100/80cm) fit perfectly in the back of your car. As well the small ones.

By plane: for the big canvases (3 canvases of 100/80cm) the wooden frame stretching the canvas can be taken off. The canvas can then be rolled and transported in a tube which I will provide.

I will assist you on all the packaging.

## 11. What else can I visit in the area if I want to extend my vacation?

Some of Italy's most beautiful medieval towns are close by, such as Perugia (30km), Gubbio (40km), Spoleto (60km), Orvieto (100km), Montepulciano (100km), Siena (140km) and San Gimignano (180km). Rome and Florence are also reachable within 2-2.5h by train or car. For the typical Tuscan countryside views, you can head down to Val d'Orcia (120km). Saturnia (170km) features famous natural hot springs if bathing is what you are looking for. The small Adriatic beach town of Sirolo (120km) is a beautifully non touristic place to swim and relax .

For any other question you may not find the answer here, please do not hesitate to contact me:

Email: [anapazartist@gmail.com](mailto:anapazartist@gmail.com)

Call/ WhatsApp : **+41 79 832 28 84**