

## Nature walking yoga is an experience of slow travelling, *because*:

- we walk in the nature in a sustainable way,
- we focus on the landscape outside and inside ourselves - emotions, feelings, thoughts - while they change during the walk,
- we stop along the way for exercises of breathing, meditation, consciousness, stretching, yoga inspired movements,....
- we stop to explain and observe the main elements surrounding us: nature and folklore, traditions and history of the places we visit.

**Nature walking yoga is a unique way to explore our Region, especially the area between 'Cinque terre' National park, the hinterland of Aveto regional park and the marvellous coast of Tigullio area and Portofino regional park.**

We offer more options to live this experience:

1) day trip: 4 h or 8 h tours

2) weekend trip: from Friday to Sunday

3) 'Liguria meravigliosa' experience: 4 nights and 5 days with two options:

- pilgrimage for backpackers,
- tours by day and hotel stay (two alternatives: rural hotel in the nature or 3 stars hotel in the center of Chiavari).



**Nature Walking Yoga experience is one of experience evaluated excellence by Tourism Office of Liguria Region.**

**Nature Walking Yoga combines consciousness body-mind in our relation with nature.**

This experience can be developed in specific ways:

### **nature & poetry:**

in this experience we explore our poetic creativity inspired by the surroundings: lead by the words of Ligurian poets, we learn how to express the nature with our own words, using senses and imagination ( haiku, poems, texts, rhymes,...).

### **nature & tradition history and culture:**

during the walking we observe the elements that characterize the identity of the territory, which hides the stories of people, pilgrims and pirates.

### **nature & slowfood:**

during the walking we make 'mindful eating' stops tasting local products.  
The experience enhances local food and the unique and typical production chain.

### **nature & sacred devotion:**

in this experience we look for an inner silence guided by the icons and devotional symbols of our territory. We visit sanctuaries and small chapels filled with pilgrims' devotion. We share the experience of devotion beyond any affiliation.

### **nature & strenght and flexibility:**

in this way we experience the body as a gateway to the mind.

A more intense bodywork and stretching inspired by the wisdom of chinese medicine and yoga discipline.  
The body is our temple.

**NATURE WALKING YOGA  
IS AN EXPERIENCE OF  
PERSONAL WELL-BEING  
AND EXPERIENTIAL  
TOURISM.**



The experience can be guided in  
**Italian, English and Spanish**  
languages preferably in **small groups**  
for a better effectiveness.

My name is Elisabetta Beccaria and I am a yoga teacher and trekking instructor, trainer in communication and consciousness workshops.

Nature walking yoga integrates my passions developed over years of experience.

It's a positive, useful, helpful experience to everyone, regardless of age and personal history.

It's a transformative experience, because it allows us to contact the beauty inside and outside us and deeply refresh ourselves, even in a short time.

We always need to lighten the worries of daily life and recharge our energy with a more quiet and open mind.