

Walks of Saint Francis 2020

1. from Assisi to Poggio Bustone, June 18- 28

2. from La Verna to Assisi, July 30- August 9

Along with your fellow adventurers (the group will include 10 to 15 pilgrims) you will experience moments of meditation and moments of sharing. There will be a daily group practice of the energization exercises and of meditation from the teachings of Paramhansa Yogananda; breathing (pranayama) exercises and daily deep relaxation exercises. Through these practices you'll enjoy more the experiences of day and you'll learn how to transform daily fatigue in calmness, happiness and heart's peace.

You'll be guided along this extraordinary walk by Gopala and one other guide from Ananda Assisi, they will take care of you in order to give you a joyful and memorable experience.

Organized by **Ananda Assisi** in technical collaboration with the Vacantioner Viaggi di Bastia Umbra agency. The registration fee is € **830** per person and includes 10 nights with half board (including breakfast and dinner) and transfer by vehicles at the beginning and end of the pilgrimage.

1. Assisi-Poggio Bustone path (June 18- 28)

Registration with 50% deposit and **balance by May 20 for Assisi-Poggio Bustone**

2. La Verna-Assisi path (July 30- August 9)

Registration with 50% deposit and **balance by June 30 for La Verna-Assisi.**

Fill the application form below and send it to gopala@ananda.it

The participation fee includes:

- * Room and board, two meals per day (breakfast and dinner) and spiritual practices
- * Transportation to La Verna and return to Ananda Assisi
- * Medical insurance valid only during the period of pilgrimage on foot
- * Ananda guides

Not included:

- * Lunch and extra drinks
- * Tips and extra services by hotels
- * Personal expenses such as laundry
- * Any personal journeys
- * Anything not expressly mentioned under "the price includes"

Optional Cancellation Insurance: 4% of the total cost.

Please ask to us during your reservation if you want to submit this insurance.

The policy must be issued within 24 hours of confirmation or conclusion of the contract.

Ananda Travels Web page: <https://viaggi.ananda.it/en/>

For more information contact Gopala at [+39 328 9033995](tel:+393289033995) or gopala@ananda.it



Ananda



Vacationer Viaggi

Application Form, Saint Francis Pilgrimage 2020

I want to participate at **‘Walk Assisi- Poggio Bustone, June 8- 18’**

I want to participate at **‘Walk La Verna- Assisi, July 30- August 9’**

Accommodation in double or 3-4 beds room.

I wish to share a room with

Your name and surname, **exactly as it appears on your passport:**

....

Your current address, street, city, country:

...

Your legal address, if different from above:

...

Telephone, mobile phone, email:

...

Date and place of birth: ...

Passport number: ...

Place and date of issue: ...

Date of expiration: ...

Regarding your contact with Ananda and the teachings of Kriya Yoga

What motivates you to do this pilgrimage?

How did you hear about it?

What are your hopes and expectations?

Are you a Kriyaban or disciple of the path of Kriya Yoga?

Are you currently practicing the Hong Sau technique? _____

the Energization Exercises? _____

Which of Yogananda's and Kriyananda's books have you read?

Have you visited an Ananda center? If so, which ones, when, and what programs did you attend?

Have you ever walked 7 consecutive days? ? If yes, when and where?

Do you have any heart, respiratory, weight, or any past medical problems which would inhibit you from participating in this tour?

Please tell us about your present physical condition (do you exercise often, sometimes, or not at all, etc.)

Do you suffer from back problems or joints? (Knees, shoulders, ankles etc ...)

You have undergone major surgery?

Do you suffer from chronic diseases? (Headache, migraine, diabetes, ulcers, allergies)

What medications you're taking and how often?

How can we make this experience really positive for you?

Thank you!

INFORMATION ACCORDING TO LAW 196/2003, ART. 13

According to Article 13 of Law 196/2003, we are required to inform you that:

1. Some of the information which we have requested falls into the category of “sensitive data,” which includes information regarding: ethnic and racial origins; religious or philosophical beliefs; political opinions; affiliation to political parties, trade unions or religious, philosophical , political or trade-union organizations; personal data concerning health and sexual life.
2. This sensitive data will be used in accordance with the governmental guidelines (Autorizzazione generale del Garante n. 2/2004), for the purposes of participation in the social activities organized by Ananda Association, in accordance with its by-laws.
3. This data will be processed by hand and by computer.
4. This data will not be communicated to other parties, nor published.
5. We inform you that you are not obliged to give such information, but that refusing to do so could involve partial or total negation of the contract.
6. The entity requesting this information is: Ananda Associazione, Via Montecchio n. 61 – 06025 Nocera Umbra (PG)
7. The person responsible for processing this information is: Ananda Associazione.
8. You can exercise your legal rights against the Association at any time, according to article 7 of Law 196/2003.

Formula for acquisition of consensus for the treatment of sensitive data

Place Date

Surname Name

Having read the information provided by the Association according to article 13 of law 196/2003, and being aware in particular that some of the information requested is regarded as “sensitive” data in Article 4, paragraph 1(d), and Article 26 of Law 196/2003, i.e. *“information regarding: ethnic and racial origins; religious or philosophical beliefs; political opinions; affiliation to political parties, trade unions or religious, philosophical, political or trade-union organizations; personal data concerning health and sexual life,”* I give my consent to use the data that are necessary for carrying the operations above indicated.

(legible) signature

Technical organization: VACANTIONER VIAGGI SNC;

Location and legal address: Piazza Mazzini 41, 06083 Bastia Umbra (Perugia) tel. 075/8012480
fax. 075/8012466; Filiale: Viale F.lli Briziarelli, 15 06055 Marsciano (Perugia)
Tel. 075/8742241, fax. 075/8741806.

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WWW.VACANTIONERVIAGGI.COM – info@vacationerviaggi.com

Communication according to article 17 of the law n.38/2006:

“The Italian law punishes with prison prostitution and pornografic acts against minors, also if committed outside of Italy”

Privacy: According to Article 13 of Law 196/2003, we are required to inform you that: The treatments of the personal data in form of paper or digital form is in the full respect of the law 196/03 for the conclusion of the contract and the services provided. The bestowal of the data is necessary. The private data will not be shared, but only communicated with the responsible people for the necessary travel arrangements of the purchased travel package.