

Q&A Assisi 2025

- **Which are the dates?** 5-10 June 2025, arrival after 2 pm, departure 10 am.
- **What time does it start?** 5th of June at 5 pm meditation, dinner at 8 pm · **When does it end?** After breakfast on 10th June. Last meditation at 6.30 am
- **Where is the venue?** **Monastero San Giuseppe, Assisi** www.msangiuseppe.it
- **Where to stay?** We have reserved about 130 beds in three monasteries. You can book in the **San Giuseppe** (about 60 beds), or in the **Casa Elisabetta** (former Casa Terziario, about 60 beds) which is around the corner of San Giuseppe, on 5 mnts walk [[website: https://casadisantaelisabetta.it](http://www.casadisantaelisabetta.it)]. We also have 12 beds in the Casa di Ospitalita of the **Suore Francescane Missionarie** which is a 10 mnts walk to San Giuseppe, but your legs need to be in good shape.. 😊 [no website, contact see below]
- **What are the costs?** Basic costs are ca 40€ for B&B per day. Half pension (incl breakfast and lunch) is ca 60€ (dinner instead of lunch on 5th June), full pension ca 80€. So your 5- day stay will be around 400€ all-in, which is a special price that we negotiated. **The Monastero San Giuseppe (where the seminar takes place) offers an all-in full board price of only 68 euros per person per day in shared room.** (1 pp room + 10 eur.) These prices are valid until end of January. Also the availability of the rooms is guaranteed till **end of January 2025**. So we urge you to book quickly. With your booking please mention **KRIYA YOGA GROUP**.
- **What are the seminar costs?** Seminar costs are **300€**. Nett income of the seminar will go to HandinHand. [The amount of 300 eur is additional and separate from your costs of B&B!]
- **I want a single room. Is it possible?** Single rooms are limited so you may need to share your 2 or 3 persons room with another Kriyavan. Basically we do not allow to stay single in a double or triple room. However, the rooms are quite big and all have shower/toilet.
- **How to register?** Please send a minimum of **300€ donation to the Sterksel ashram** [[details see below](#)] and mention **“ASSISI “ + your full name**. If you like, you can make a bigger donation and sponsor someone who may not have the means to pay the seminar costs. Please let us know! **Your payment is your registration, there will be no confirmation.**
- **How to reserve my place in the monastery?** Please make your own reservations directly with the monastery (details see below). We advise those who stay in San Giuseppe to book full pension and those who stay elsewhere to book half pension with lunch (dinner on 5th). From 6-10 June everybody can take dinner in San Giuseppe. On 5th everybody will take their dinner in their own place. When you don't stay in San Giuseppe you have to pay your dinner there at the cost of 20 euro per meal. We will explain in a later stage how that works.
- **I want to book an accomodation elsewhere, is it possible?** Yes you can book another accomodation. But you always need to register by paying the 300 € fee to the Sterksel Ashram. NB: **San Giuseppe offers a day package of 55 € incl breakfast, lunch and dinner for those who stay elsewhere but who want to take their meals with the group.**
- **Can I stay less than the 5 days?** Yes you can but seminar cost will then be 80 € per day. For accomodation we give priority to those who stay for the whole period.

· **How do I get there?** Assisi has a train station and from there you can take a taxi which will bring you in ca 15 minutes to the old city.

· **Which airport is closest?** Airport of Perugia is about 30 mnts drive from Assisi. You can also fly to Rome Fiumicino. From there you can take a train with only one change in Rome Termini or Rome Tiburtina. Train to Assisi from Rome takes ca 2 hours. See the website www.trainline.com. Be aware that if you change at Rome Termini you have to walk quite a bit and it is a very busy station. If you have the choice to change at Rome Tiburtina that maybe better.

Flying to Florence Airport is also possible but then first you need a taxi to the central train station called Santa Maria Novella. From there, there is a 2,5 hour direct train to Assisi. If you have the choice, flying to Rome Fiumicino and from there take the train, maybe easier.

I come by car. Where can I park? In Assisi you cannot drive a car in the inner city without special permission. However there are a few big parkings: **Parking Mojano is only ten minutes walk from our Venue.** Per day the costs are 14 euros. You can even reserve your parking space in advance. Google "Parking Assisi". Parking Matteotti is close to San Rufino and Parking Giovanni Paolo is close to the Basilica of St Francis.

· **I want to also join the "Mary Magdalene Seminar" (11-15 June) in St Baume/ France. How to proceed?** Best is to fly from Rome to Marseille on 10th or 11th (seminar starts on 11th at 5 PM). From Marseille the quickest way is to rent a car to St. Baume (1hr15 drive). Public transport is very limited in that area. Or you can go by train from Marseille to Carpentras and from there take a taxi (about 150 eur.). **More info on transport etc will be given later on by the French Kriya Association. For non-French the registration maybe open only as of January 2025.** Indication of price for the whole seminar: around 350 € (TBD) incl meals and seminar fee and stay 4 nights in (big) 7 pp room at the retreat place. Other accomodations are also available. You can call or mail Genevieve (+33 6 30 77 84 92 – genevievebedoucha@gmail.com) or Charlie (+33 6 33 98 65 74) for more info. General mail of the French Asso: Insitkriya@yahoo.fr

To make reservations for your stay in Assisi:

Info@monasterosangiuseppe.it (Romina) mention: **GROUP KRIYA YOGA**. www.msangiuseppe.it
Tel: +39 075 579 42 20 --- Full board 68€ pd fr 5-10 June

If San Giuseppe is full then contact: info@casaterziario.org (Sara) mention **KRIYA YOGA**.
www.casadisantaelisabetta.it Tel: +39 351 9047615 Half board with lunch (dinner on 5 June) 62€ (dinner will be in S. Giuseppe + 20€ pd)

A little cheaper is Casa di Suore Francescane del Giglio (no website), please mention **KRIYA YOGA**.
casamaria.assisi@yahoo.it (sister Teresa for English or Sr Maria-José speaks Portugese) Tel: +39 075812267
Half board with lunch (dinner on 5 June) is 55 €. (dinner in S. Giuseppe + 20 € pd)

Registration: via payment of min. 300 € with mention of ASSISI and your full name to Kriya Yoga Centre Sterksel Account Name: **Stichting KYM** BIC: ABNANL2A IBAN: **NL19ABNA0412514931** ABN-AMRO Bank, Postbus 283, 1000 EA Amsterdam, The Netherlands

MORE QUESTIONS? Please Contact:

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