



From January 2nd to 6th 2026

# Caserta & Procida

THE NEW YEAR'S RITE  
IN CAMPANIA:

STILL YOUR SOUL,  
NOT JUST YOUR GOALS



FROM JANUARY 2ND TO 6TH. SHIATSU  
STRETCHING, MEDITATION, AND NATURAL  
BEAUTY BETWEEN THE SEA AND ANCIENT  
THERMAL BATHS.

- *Cultural and introspective excursions in the gardens of the Royal Palace of Caserta*
- *Meditative hikes along the trails near Lake Averno, Procida, and the enchanted woods*
- *Stretching Shiatsu Sessions*
- *Group Tapping*



For reservations and registrations MATTEO +39 339 3916255



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**THE EXPERIENCE THAT REDEFINES YOUR YEAR**

**THE BEGINNING OF A MAGICAL JOURNEY: WHERE HISTORY BECOMES ENERGY**

THE NEW YEAR DESERVES A START THAT ISN'T JUST A CALENDAR, BUT A TRUE REBIRTH. WE INVITE YOU TO LEAVE THE NOISE OF THE WORLD BEHIND AND IMMERSE YOURSELF IN THE MYSTICAL ENERGY OF CAMPANIA FLEGREA, A PLACE WHERE HISTORY, LAND, AND SEA MERGE TO SUPPORT YOUR INNER TRANSFORMATION.

IMAGINE IMMERGING YOURSELF IN A STROLL ON THE ISLAND OF PROCIDA, CARESSSED BY THE PASTEL COLORS OF THE HOUSES AND THE RHYTHMIC SOUND OF THE WAVES. HERE, EVERY MOMENT PROMISES LIGHTNESS AND OPEN HORIZONS, PERFECT FOR INSTILLING CLARITY IN YOUR VISION FOR 2026.

THEN, THE ENERGY MOVES INWARD, INTO THE BEATING HEART OF THE STORY: LAKE AVERNUS, THE MYTHOLOGICAL GATEWAY TO THE UNDERWORLD. IN THIS PLACE, FILLED WITH ANCESTRAL STRENGTH AND MYSTERIOUS STILLNESS, WE WILL FIND THE SPACE TO DELVE DEEPLY, GAZE INTO OUR SUBCONSCIOUS, AND ANCHOR OUR TRUEST INTENTIONS. FINALLY, THE HEALING POWER OF THE BATHS OF NERO, WHERE THE STEAM AND EARTHY WARMTH WILL ENVELOP YOU. IT'S MORE THAN JUST RELAXATION: IT'S A PHYSICAL AND ENERGETIC CLEANSING, DISSOLVING STRESS AND PREPARING THE BODY TO RECEIVE RENEWED ENERGY.

STOP GETTING OVERWHELMED BY THE ENDLESS LIST OF "SHOULD-DOS." THE TRUE GOAL IS ONLY ONE: TO FIND INNER PEACE AND FREE YOUR MIND TO FACE 2026 WITH HARMONY AND CLARITY, WITH A SMILE.

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## THE EXPERIENCE THAT REDEFINES YOUR YEAR

### WHAT WE'LL EXPERIENCE: SHIATSU STRETCHING, TAPPING, AND DEEP TRANSFORMATION

THIS RETREAT COMBINES THE DEEP PRACTICE OF SHIATSU STRETCHING WITH TWO POWERFUL TOOLS FOR EMOTIONAL AND MENTAL UNBLOCKING.

#### 1. GROUP ALCHEMICAL TAPPING (THE EMOTIONAL UNBLOCKING):

- THIS IS THE KEY TO UNLOCKING YOUR POTENTIAL. ALCHEMICAL TAPPING SESSIONS WILL WORK ON MENTAL BLOCKAGES AND EMOTIONAL TRAUMA, OFTEN UNCONSCIOUS. BY STIMULATING SPECIFIC ENERGY POINTS, WE WILL DEACTIVATE OLD STRESS AND FEAR RESPONSES, ALLOWING YOU TO LIVE LIFE FREE FROM THE SHACKLES OF THE PAST. IT WILL BE YOUR TOOL FOR REWRITING YOUR FUTURE.

#### 2. SHIATSU STRETCHING AND DAILY CENTERING (PHYSICAL ANCHORING):

- EVERY MORNING, A DEEP STRETCHING PRACTICE FOCUSED ON THE MERIDIANS TO AWAKEN THE VITAL ENERGY (KI).
- BODY LISTENING SESSIONS TO IDENTIFY YOUR RESIDUAL ENERGY BLOCKAGES. SHIATSU STRETCHING IS THE BODY'S LANGUAGE THAT TRANSLATES THE MENTAL CLARITY ACHIEVED WITH TAPPING INTO A FEELING OF SOLIDITY AND GROUNDING.

#### 3. MEDITATION AND NATURE IMMERSION:

- CONTEMPLATIVE PRACTICES ALONG THE NATURAL TRAILS AND SHORES OF LAKE AVERNO.
- MOMENTS DEDICATED TO ABSOLUTE RELAXATION IN THE ANCIENT BATHS OF NERO, WHERE THE ELEMENTS OF WATER AND EARTH COMPLETE THE PURIFICATION.

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## **SPECIAL PRICE €397 BY NOVEMBER 23RD WITH A €250 DEPOSIT**

### **THE PRICE INCLUDES:**

- OVERNIGHT STAY IN A 4-STAR HOTEL OR SIMILAR, OR A VERY COMFORTABLE ESTABLISHMENT THAT GUARANTEES TRANQUILITY AND PROXIMITY TO NATURE.
- ALL PERSONAL GROWTH ACTIVITIES DEFINED BY THE PROGRAM
- GROUP ALCHEMICAL TAPPING
- DAILY SHIATSU STRETCHING SESSIONS
- MEDITATIVE WALKS
- EXCURSIONS

### **THE PRICE DOES NOT INCLUDE:**

- ROUND-TRIP AIRFARE TO NAPLES OR ALTERNATIVE ROUTES TO REACH THE CASERTANO AREA
- ANY SINGLE SUPPLEMENTS
- LUNCH AND DINNER
- TRANSPORT (ROUND TRIP CATAMARAN TO PROCIDA - BUS OR CAR RENTAL)
- ENTRANCE TICKET TO THE ROYAL PALACE OF CASERTA
- ENTRANCE TO THE BATHS OF NERO
- OPTIONAL EXCURSIONS

### **CONTRIBUTION:**

**EARLY BOOKING FORMULA €397 BY 23/11, FROM 24/11 TO 7/12 €450, FROM 8/12 €550 UNTIL PLACES LAST**

**A €250 DEPOSIT IS DUE BY NOVEMBER 23, 2025, AS AGREED WITH THE ORGANIZERS. THE REMAINING BALANCE WILL BE DUE BY DECEMBER 15, 2025.**

**THERE WILL BE A FULL REFUND OF THE DEPOSIT FOR CANCELLATIONS BY 23/11/2025. THERE WILL BE A PARTIAL REFUND OF THE DEPOSIT (50% FOR CANCELLATIONS BY 7/12/2025). AFTERWARDS THERE WILL BE NO REFUND OF THE DEPOSIT.**

**WE PROVIDE ASSISTANCE FOR FLIGHTS BY RECOMMENDING FLIGHTS (NOT MANDATORY)**

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## ADVICE AND ASSISTANCE FOR FLIGHTS AND TRAINS

### FLIGHT SCHEDULE FROM TURIN CASELLE:

02/01/2026 CASELLE TORINESE/ NAPLES 11.15 – 14.20 ITA ARWAYS SCALO ROMA 3.05H ALTERNATIVELY  
02/01/2026 CASELLE TORINESE/ NAPLES 08.10 – 09.45 RYANAIR DIRECT 1.35H

06/01/2026 NAPLES/ CASELLE TORINESE 15.10 – 18.30 ITA ARWAYS SCALO ROMA 3.05H ALTERNATIVELY  
06/01/2026 NAPLES/ CASELLE TORINESE 18.45 – 20.20 VOLOTEA DIRECT 1.35H

### TRAIN

JANUARY 2, 2026 TURIN PORTA NUOVA / NAPLES CENTRAL STATION 5:50 AM - 11:38 AM 6:00 AM

06/01/2026 NAPLES CENTRAL / TURIN PORTA NUOVA 3.40PM - 10.00PM 6AM

### THE PROGRAM INCLUDES

- PHYSICAL AND ENERGETIC STRETCHING SHIATSU ACTIVITY ON THE BEACH AND IN OTHER MAGICAL PLACES
- MINDFUL LISTENING PRACTICES - MEDITATION - MEDITATIVE WALKING - GROUP TAPPING - TRIPS - SPA - SURPRISES

## POSSIBILITY TO RECEIVE VITALY TREATMENTS DURING YOUR HOLIDAY

THE PROPOSED ACTIVITIES ARE NOT MANDATORY. EVEN THOSE WHO DO NOT WISH TO PARTICIPATE IN THE ACTIVITIES CAN PARTICIPATE IN THIS HOLIDAY.

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DAYS:

You will return home not only relaxed, but with your resolution for the year firmly anchored in your body, thanks to the power of Stretching Shiatsu, and your mind freed by Alchemic Tapping.

02 GEN

AFTERNOON ARRIVAL IN THE CASERTA AREA  
CASERTA ROYAL PALACE WITH GARDENS  
HOLIDAY PRESENTATION EVENING CONCLUSION WITH  
RELAXATION & MEDITATION

03 GEN

ISLAND OF PROCIDA  
LIGHTNESS AND OPEN HORIZONS. MEDITATIONS WITH A  
SEA VIEW FOR CLARITY

04 GEN

LAKE AVERNUS  
SILENCE AND ANCESTRAL STRENGTH. A TIME TO LOOK  
DEEPLY AND FIND YOUR CENTER.

05 GEN

BATHS OF NERO  
WARMTH AND RELEASE. A PURIFYING BATH TO MELT AWAY  
ACCUMULATED STRESS.

06 GEN

COMPLETION OF WORKS  
SHARING, RELAXING, DEPARTURE FOR HOME RENEWED

ALL PROGRAMS MAY BE SUBJECT TO CHANGE DUE  
TO GROUP NEEDS

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#### ORGANIZED BY:

MATTEO CESARE PARIGI RESEARCHER AND LOVER OF KNOWLEDGE SINCE '98, HE STUDIES AND DEEPENS EASTERN AND WESTERN TECHNIQUES AND WITH HIS FIRST-YEAR SHIATSU TEACHER HE APPROACHES STRETCHING-SHIATSU TO THEN TRANSFORM IT, IMPLEMENT IT AND MAKE IT INCREASINGLY COMPLETE AND EFFECTIVE FOR PEOPLE IN TODAY'S SOCIETY.

[HTTP://WWW.METODO-VITALYTY.COM/EN](http://www.metodo-vitalyty.com/en)

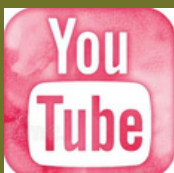
#### WHAT VANITY FAIR THINKS:

[HTTPS://WWW.VANITYFAIR.IT/BENESSERE/FITNESS/2020/07/21/STRETCHING-SHIATSU-ESERCIZI-VIDIORITROVARE-LEQUILIBRIO](https://www.vanityfair.it/benessere/fitness/2020/07/21/stretching-shiatsu-esercizi-vidioritrovare-lequilibrio)

#### WHAT DO THOSE WHO HAVE ALREADY TRIED THIS TECHNIQUE SAY?

[HTTPS://M.FACEBOOK.COM/PG/STRETCHING-SHIATSU-1413266002241282/REVIEWS/?REF=PAGE\\_INTERNAL&MT\\_NAV=0](https://m.facebook.com/pg/stretching-shiatsu-1413266002241282/reviews/?ref=page_internal&mt_nav=0)

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