

# YOGA IN TUSCANY

HILLTOP CHIANTI COUNTRY ESTATE

PANORAMIC VIEWS, RUSTIC GARDENS, AUTHENTIC CUISINE

MAY 30 - JUNE 6, 2008

200 year old farmhouse,  
artfully restored, creating  
unique vacation spot.

Situated on hilltop with  
views in all directions.



Surrounding vineyards  
and olive orchards give  
you a true sense of the  
"Italian experience".

Enjoy the Italian way of  
life where nothing is rushed,  
everything is savored.



Contact Stuart at 503 936 8640

## THE TRIP INCLUDES

- 21 hours of yoga instruction
- Seven nights accommodation at Il Grande Prato - charming, artful rooms with bath
- Includes full board (three meals per day - wine with lunch and dinner)
- Pickup and drop off at train station Castelfiorentino
- Use of swimming pool and all other facilities on property
- See web site at [www.grandeprato.it](http://www.grandeprato.it) for more info
- For photos of last year's retreat go to <http://picasaweb.google.com/YogaTuscany07/YogaRetreat2007>

## YOGA CLASSES

Stuart Stark graduated from his physical therapy training in Amsterdam, Holland in 1979. He has studied yoga with Julie Gudmestad since 1990, teaching a modified version of Iyengar Yoga at the Gudmestad Yoga Studio since 1993. This type of yoga is geared to decrease injury with specific focus on sequencing that combines both anatomical knowledge with traditional yoga. Level 2 or higher (or one year of Iyengar yoga experience) required to participate.

Each day begins with early morning yoga class/meditation hour and then a morning yoga class in the beautiful yoga room which is on the upper level of the main building illuminated by the many windows allowing both sunshine, fresh air and beautiful views of the surrounding hills of the ancient Chianti region.

## DATES

May 30 - June 6, 2008

Arrival from 2:00 pm on the 30th of May

Departure after lunch on the 6th of June

## LOCATION/DIRECTIONS

Ten minutes outside of Castelfiorentino which is reachable by train from either Pisa or Florence (nearest airports). Nearly equidistant to Siena, Florence and Pisa (approximately 25 miles).

Our group will have exclusive use of all of the facilities at Il Grande Prato.

The staff goes out of their way to provide comfortable, clean accommodations as well as authentic food that has made Tuscany so beloved. The meals are served in the dining room or outside under the flower laden pergola as weather permits.

Half day trips to Siena or Florence, wine tasting tour in the Chianti region, cooking classes and Italian language classes can be arranged.

## COST

\$1225 per person double occupancy including yoga classes

\$1080 per person 3-4 person occupancy/room including yoga classes

\$975 per person double occupancy without yoga classes

\$840 per person 3-4 person occupancy/room without yoga classes

\$470 surcharge for single room

## CONDITIONS

Deposit of \$300 per person to reserve your place.

We must have 18 participants to reserve the estate. So act quickly to reserve your spot which gives us exclusive use of the facility. **Last year the trip filled in 9 days!** The remainder of the costs are due by February 1, 2008.

For more information and details please contact Stuart at 503 936 8640.