

# ***SPRING IN TUSCANY***

***HILLTOP CHIANTI COUNTRY ESTATE  
PANORAMIC VIEWS, RUSTIC GARDENS, AUTHENTIC CUISINE***

**June 3 - June 10, 2012**

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.

For more details contact Stuart Stark, Physical Therapist and Yoga Instructor at  
503 936 8640 or email at [cobus13@msn.com](mailto:cobus13@msn.com)



## **Fees**

**\$1000 per person double occupancy without yoga classes**

**\$1250 per person double occupancy including yoga classes**

## **Including:**

Seven nights accommodation at Il Grande Prato - charming, artful rooms with bath.

Full board (three meals per day - wine at lunch and dinner).

Pick up and drop off at train station Castelfiorentino.

Use of swimming pool, tennis court and all other facilities on property.



#### Yoga classes

21 hours of yoga class which will be 3.5 hours per day for 6 days.

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 followed by an extended 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. Classes end before lunch.

The web site for our yoga studio and physical therapy practice is [www.gudmestadyoga.com](http://www.gudmestadyoga.com)

See web site of resort at [www.grandeprato.it](http://www.grandeprato.it)

#### Dates

June 3 - June 10, 2012

Arrival from 2:00 PM on the 3rd of June.

Departure after lunch on the 10th of June.

#### Location/Directions

Ten minutes outside of Castelfiorentino which is accessible by train from either Pisa or Florence (nearest airports).

Nearly equidistant to Siena, Florence and Pisa (approximately 25 miles).

The staff graciously provides comfortable, clean accommodations as well as authentic cuisine that has made Tuscany so beloved. The meals are served in the dining room or outside under the flower-laden pergola as weather permits.

#### Optional

Half day trips to Siena, San Gimignano, Volterra or Lucca, wine tasting tour in the Chianti region, cooking classes and Italian language classes can be arranged through Giulia Perticucci at Il Grande Prato.

\$500 surcharge for single room

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