

Ciao, Italia! A Tuscan Yoga Adventure

July 6-13, 2019

Join **Stacey Rosenberg** for an immersion into “La Dolce Vita” – the sweet life – in the Tuscan countryside. Your week will be filled with transformational yoga, delicious home-cooked meals, local wine, joyful day-trips, and delightful company. This retreat offers an opportunity to rest and recharge in an idyllic setting while experiencing all the best Tuscany has to offer.



Relax in the stunning Tuscan landscape while immersing yourself in yoga and self-care. Enjoy local, organic meals prepared by our personal chef and served traditional family style. Experience the beauty of this ancient region and its rich heritage.

Our charming villa is a meticulously restored 17th Century farmhouse just outside of the walled medieval city of Lucca. It rests on a hilltop providing panoramic views of the surrounding hillsides of vineyards, fruit trees, and olive groves.



You'll have plenty of free time each day to explore neighboring villages - by foot or by bike, stroll to a centuries-old winery on the “Strata del Vino” (the wine road), take a Tuscan cooking class, receive a massage at the spa, or simply unwind by the salt-water pool. Together the group will take a daylong excursion to Cinque Terre, The Italian Riviera.

This trip will make memories that last a lifetime!



What's Included:

- 8 days, 7 nights accommodation at a 17th century villa
- Daily yoga classes (two most days, one full day off)
- Delicious, organic meals prepared daily by our own personal chef. (7 breakfasts, 5 lunches, and 6 dinners – plan to have one lunch and one dinner out)
- Unlimited fruit, water, and herbal tea throughout the day
- Local, organic wine from the villa's own grapes at dinner (1/2 bottle per person, per night)
- Free wifi access
- Italian Prosecco and wood fired pizza for last night dinner party
- Historic, local vineyard tour and wine tasting
- Transportation for a day excursion to the famous Cinque Terre
- Free round trip shuttle to/from the retreat center and Lucca
- Tourist Tax

What's Not Included: International airfare, Transportation to Lucca, Applicable Tourist Visas, Incidentals, Travel Insurance; highly recommended, Airport taxes, Airport transfers, Tips or gratuities, Optional excursions, tours, admissions, massage.

Investment:

THIS IS A PREMIER YOGA RETREAT- from the accommodations to the food, drink, and activities planned. It is reasonably priced due to the cost of traveling in Italy. This all-inclusive experience will be unforgettable fun and you will be well taken care of.

\$2095 - Shared double room, shared bath

\$2295 - Shared double room, private bath

\$2495 - Single room, private bath: (only 2 available)

**Other rooms can be converted into a single for additional fees.*

SAVE \$150 when paid in full by January 31, 2019.

\$500 deposit is required to secure your spot. Payment plans available.

Payment methods: cash, check, Venmo. For plastic use PayPal and add 3%

50% of your total due by February 15, 2019

Full payment due by April 27, 2019 (90 days prior)

Cancellation Policy: Please be sure you will be able to attend before you submit your deposit. All deposits are non-refundable. Payment is due in full 90 days prior to the start of the retreat. If you cancel 90 days or more prior to the retreat start date, you will be issued a refund, less your \$500 non-refundable deposit. Trip insurance is highly recommended, and can protect your retreat investment if you need to cancel for covered circumstances. Due to retreat centers' refund policies, we cannot offer any refunds, transfers or credits for cancellations for any reason within 90 days of the retreat start date. Thank you for your consideration with this policy as so much time and heart go into planning retreats for you!

Room Options:

Room Type A*

Twin Room with Shared Bathroom (Two twin beds or one king bed - 2 rooms available – 1 bath shared by 4)

\$2095 per person

Room Type B*

Twin Room with Private Bathroom (Two single beds or King/Queen Bed – 4 rooms available)

\$2295

**Room Types A & B can be converted to single occupancy for an additional fee. Please inquire for pricing.*

Room Type C

Double room with Private Bathroom for a Couple (only 2 rooms available)

\$2295 per person

Room Type D

Single Room with Private Bath (Only 2 rooms available)

\$2495 per person

Accommodations:

We'll stay in a beautifully restored 17th-century stone farmhouse outside Lucca in the Tuscan hills. Simple, stylish, and comfortable rooms overlook olive groves, fruit trees and the verdant surrounding hillsides. Views of the sunset and sunrise are stunning. Full use of common spaces including the swimming pool and the fully equipped yoga studio.



Day Trip to Cinque Terre:

Included in your retreat is a day trip to the breathtaking Cinque Terre. These five coastal villages are embedded in rocky cliffs along one of Italy's most scenic stretches. For those who are hikers, it is possible to spend a day walking and climbing between these beautiful villages and enjoy the spectacular scenery along the way. For others, you can still enjoy walking the more gentle trails, spend time swimming at the beach, exploring the villages, and sampling some of the local delights.

Local Tuscan Wine Tasting Trip:

Also included is a wine tasting excursion to a bio-dynamic winery. We go by foot along the "Strada del Vino" (The Wine Road) to take in the beautiful scenery. After a tour of the winery and gardens we taste their excellent wines. The estate also produces olive oil, honey and pasta.



Optional Activities and Excursions:

Biking or walking tours of Lucca and the surrounding area, a Tuscan cooking class, the Puccini Opera in Lucca, a night on the town to Pietrasanta Artists Village, Italian language lessons and cooking classes, shopping excursions, massages and holistic treatments at the spa, and more.



Sample Schedule (subject to change):

Day 1: Retreat begins at 4pm. Late afternoon yoga, welcome dinner. D

Day 2: Morning yoga. Free time to relax by the pool, get a massage, or explore the Tuscan countryside by foot or bike. Afternoon yoga. BLD

Day 3: Morning yoga. Option to do a guided tour of Lucca or free time to relax by the pool, get a massage, or explore the Tuscan countryside by foot or bike. Evening yoga. Optional Puccini Opera in Lucca – Dinner out. BL

Day 4: Morning yoga. Walk to nearby vineyard, including wine tasting & private vineyard tour. Evening yoga. BLD

Day 5: All day excursion to Cinque Terre. Lunch out. Late dinner at the Villa. BD

Day 6: Morning yoga session. Early afternoon yoga class. Optional night on the town in Pietrasanta Artist Village (5:30-11:30pm) BLD

Day 7: Morning yoga. Free time. Evening yoga. Final evening dinner party – Wood Fired Pizza and Prosecco! BLD

Day 8: Breakfast and arrivederci at 9:30am! B

Getting There:

You will need to be in Lucca for pickup by 3:30pm on Saturday, July 6. This shuttle to the villa is included. I purposely planned this to start just after the July 4th holiday hoping that maybe you can squeeze in some extra time! Please consider arriving early and staying a few nights in Italy before we begin. If you wish to stay in Lucca we can send you a list of recommended hotels and B&B's. If you are traveling alone, let us know and we will try to connect you with others in the group.

Nearby airports:

Pisa: Galileo Galilei International Airport (PSA) – 18 Miles from Lucca. (Approx. 20 min.)

Florence: Amerigo Vespucci Airport (FLR) - 50 Miles from Lucca. (Approx. 1½ hrs)

Rome: Fiumicino Airport (FCO) - 162 miles from Lucca. (Approx. 4 ½ hrs)

Check out:

Check out time is 9:30am on Saturday, July 13. We have a scheduled drop off at the Lucca Train Station included in the retreat cost.

