

Yoga Retreat in Tuscany



with Melissa Spamer, ERYT
July 14th-21st, 2012
7 days and nights
USD \$1950

Join Melissa for an exquisite experience in the magic of the Tuscan hills. We will be staying in a beautifully restored 17th century country villa set amongst more than 65 acres of natural woodlands. Enjoy morning or afternoon walks in the hills around the villa, and the area surrounding the medieval city of Lucca. The grounds of the villa are lush and extensive including both formal and informal garden areas, as well as a swimming pool which is accessible any time of the day.



There is a lovely yoga studio within the villa, as well as many places outside on the grounds to practice yoga overlooking the view. You will enjoy 2 yoga classes a day, one in the early morning and one in the early evening. Meals will be vegetarian and local with much of the vegetables, fruit, olive oil, herbs and wine grown right on the estate. Mornings will include a fresh fruit and vegetable detox juice, as well as locally harvested herbal teas.



The retreat price includes:

- 7 nights lodging,
- double occupancy rooms with shared baths
- 3 delicious meals daily
- 2 Yoga Classes Daily
- 1/2 day trip into the medieval city of Lucca
- 2 Full Day trips:
 - one to Cinque Terra and one to Florence
- 2 Guided walks through the Tuscan hills each with Wine and Olive Oil Tasting
- Free pick-up at the Lucca train or bus station

The retreat price does NOT include:

- Roundtrip airfare from your place of origin (nearest airport to the villa is Pisa or Florence)
- 2 lunches during the day trips to Cinque Terra and Florence
- Any additional excursions on your own

The retreat is limited to 14 people, so please register early. A non-refundable, non-transferrable deposit of USD \$500 is required to hold your place in the retreat. If you are interested in registering for this retreat please contact Melissa Spamer with any further questions or details. You can also view her website below for more information and to download the registration form.

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