

Yoga Retreat in Tuscany Italy

NOVEMBER 6-13, 2011



Ready to explore your practice in the beautiful countryside of Tuscany? November is the perfect time to turn your focus inward, practice on a deeper level and refresh your senses before the holiday season. Journey to the picturesque Tuscan region of Italy where you will experience intelligent yoga practices with personalized attention throughout each asana. This adventure will be exciting and challenging regardless if you are new to yoga or a seasoned practitioner.

This is not another retreat or a getaway - it is about stepping into a new reality and exploring a new you. Go beyond your mat and allow yourself the experience of simplicity or what the Italians call, "La Dolce Vita," the sweet life.

Retreat Includes:

Accommodations for 7 Nights in Tuscan Farmhouse

3 Organic / Vegetarian Meals Daily

2 Yoga Classes Daily include:

- Asana
- Pranayama
- Meditation Techniques

Daily Excursions include:

- Visit Florence & Sienna
- Tour local vineyards
- Soak in the Petriolo Hot Springs
- Hike in Maremma National Park
- Harvest olives and make olive oil
- Tour the evergreen forest of Ebbio

Pricing

\$1650 Double Occupancy / \$2600 Single Occupancy

PAY IN FULL by August 31st and receive a discounted price of \$1550 for double occupancy / \$2500 for single occupancy. A nonrefundable deposit of \$500 is due by Sept 20th 2011. The remaining balance due Oct 15th 2011.

For Information on the retreat center go to: www.ebbio.com

ADDRIENNE AMATO

Has spent many years exploring various types of yoga but found herself most connected to the style known as O2 Yoga created in Boston, MA. The O2 practice is a vibrant style of yoga that grew out of and has a firm foundation in the Ashtanga tradition. Classes are creative and balanced by weaving the key principles of Ashtanga Yoga into exciting, less predictable Vinyasa-flow sequences. Currently, Addrienne teaches Karma classes at O2 Yoga and workshops throughout greater Boston, New York City and Austin, TX. For more info please visit www.yogamoto.com

To Register Email:
therupeeman@gmail.com

Or Call Natalie
(650) 417-5537

www.therupeeman.com

NATALIE D'ONOFRIO

Has spent years dedicated to growing and refining her yoga practice and teaching techniques. She then integrates that knowledge into her classes to create fresh yet powerful sequences that challenge students to dive deeper into their practice. Natalie has been influenced by a variety of styles which include vinyasa, ashtanga, yin, swara and yoga nidra. Currently she leads teacher trainings, workshops, retreats, group classes and privates in Northern California, Colorado and Austin, TX.