

## YOGA IN TUSCANY

19/26 June - 26 June /3 July

### PROGRAM FOR THE WEEK

#### Saturday afternoon

Arrival at the Farm. Benedetta welcomes you and shows you the rooms.

7pm - Meet Hester Introduction to the yoga program

8pm - Dinner

#### Sunday

8,30am – breakfast

11,30 / 12am – yoga session (after each yoga session you can ask Hester questions)

12,30am – light lunch (optional)

3,30pm - you are welcome in the kitchen to learn how to make stuffed pasta, together with Benedetta

5 – 6,30pm - yoga session

7,30 – dinner

#### Monday

8,30am – breakfast

- Leisure time (an option is to visit the neighboring villages: Radda in Chianti, Panzano in Chianti, Greve in Chianti).

1pm – light lunch (optional)

5 – 6,30pm - yoga session

7,30 – dinner

#### Tuesday

8,30am – breakfast

- Leisure time (an option is to visit the beautiful town of Siena. Tuesday morning in Siena there's the weekly market).

5 – 6,30pm - yoga session

7,30 – dinner

### **Wednesday**

8,30am – breakfast

10,30 – 12am yoga session

1pm – light lunch, wines and extra virgin olive oil tasting. Following a meeting with Piero who will show you the vineyards and explain you the organic and biodynamic cultivation principles.

5 – 6,30pm - yoga session

8pm – dinner in a local restaurant

### **Thursday**

8,30am – breakfast

- Leisure time (an option is to visit the beautiful town of Lucca)

6 – 7,30pm yoga session

8pm – dinner

9,30pm – meditation with Hester and her music

### **Friday**

8,30am – breakfast

10,30 – 12am – yoga session

12,30am – light lunch (optional)

5 – 6,30pm - yoga session

7,30pm good-bye dinner....with surprise!

### **Saturday**

8,30am – breakfast

10am – check out

**Weekly cost per person €25,00**

**Included:** \* Overnight in double bedroom with bathroom \* Breakfast \*All dinners at the Farm+1 dinner at a local restaurant \*All the yoga lessons \*Visit of the vineyards with wine and olive oil tasting.

**Not included:** \*Transports (flight, car rental) \* Lunch (optional light lunch at the Farm €5,00 per person) \* Beverages \*Trips: guests will use their cars. We will supply 1 GPS and some detailed itineraries.

**Some more info:**

-International airports: Florence and Pisa. Ryanair and Transavia fly on Pisa.

-Distance from Pisa airport: 150km /2 hours Distance from Florence airport: 50km 1 hour