



Yoga holiday in Italy

25 June – 2 July 2016.



Join yoga teachers Wendy and Tara Jacob for seven blissful days at Villa Benvenuti, a fully restored 17th Century villa set in the stunning Tuscan countryside.

If you are looking for an opportunity to deeply relax in beautiful surroundings with like-minded people – this retreat is for you! With morning and evening yoga and optional activities, there is plenty to do, or you may just prefer to stay by the pool, read a book and explore the local area. There are no rules – just choices – letting you decide on how much (or how little!) you would like to do each day.

With three delicious vegetarian meals and two yoga sessions each day (apart from Wednesday, where you may choose to explore the local area) included in the price, this is a great opportunity to begin or develop your yoga practice. Optional extras include excursions to medieval villages, visiting a thermal spa, cookery classes, wine tasting and much more.

Each morning, we will meet for our first yoga session of the day – bringing energy and vitality into the mind and body. Later in the day, we will experience a more restorative practice, re-connecting and slowing down before our evening meal. Open to all levels - beginners and the more experienced - there will be plenty of opportunity to develop your practice and experience the benefits of energising yoga combined with a generous dose of relaxation!

About the Location:

Located just thirty minutes from Pisa, Villa Benvenuti sits high on a hillside overlooking a panorama of olive groves, fruit trees and vineyards. Restored to the highest standards, everything at Villa Benvenuti has been arranged with nature and simplicity in mind, with traditional terracotta tile flooring and wooden beams, simple and elegant furnishings and beautiful outdoor living spaces. The grounds are extensive and lush with both formal and informal garden areas. There are several grassed terraces for enjoying the beautiful vistas, a secret garden waiting to be discovered and a swimming pool set away from the house amongst olive groves and oak trees. Wine, olive oil, herbs, vegetables and fruit are all produced in abundance on the estate and provide the essential ingredients for the deliciously fresh, vegetarian meals, cleansing juices and herbal teas.

About the food

The retreat menu is vegetarian with delicious healthy meals based on what is in season and the region's specialities. As we are in Tuscany, we will also indulge in local cheeses, pasta, breads, wines and other delights - not a strict cleanse but with plenty of healthy choices. Food is organic where possible and sourced from the Villa's vegetable garden or from local producers.

Please note: these prices are based on 2015 and may be subject to change. We will confirm prices before booking.

PRICE

£960 per person per week in twin room with shared bathroom. 8 places (4 rooms / 2 bathrooms)

£1100 per person per week in twin room with private ensuite bathroom. 6 places (3 rooms / 3 bathrooms)

Most people are happy to share a room and if booking a twin room, we will put you with a same sex person.

Please note that single rooms are limited. An upgrade from a twin room to a single room costs an extra £300

RETREAT PRICE INCLUDES

- 7 nights' accommodation + all linen + towels.
- Morning and evening yoga classes on all days except one day mid-week when excursions can be arranged.
- 3 delicious vegetarian meals per day, except for one day mid-week where breakfast only is provided. On this day, guests are free to explore on their own, either choosing an excursion or relaxing at the villa.
- Fresh detox juice at breakfast
- Unlimited fruit, water and herbal teas throughout the day.
- Wine from the estate at dinner (limited to 1/2 bottle per person, per night)
- Last night celebratory dinner with Prosecco and aperitivo on the terrace.
- Use of the swimming pool and all facilities within the grounds of the villa
- Yoga mats, blankets, blocks, belts and bolsters
- Guided hike (2 – 3 hrs). A picnic lunch will be provided this day to enjoy back at the villa around the swimming pool or in the surrounds nearby the villa.
- Transfers to and from Lucca to Villa Benvenuti at the start and finish of the retreat (one scheduled pick up and drop off only)
- Assistance and advice in arranging optional excursions (retreat concierge)
- Use of the WIFI
- Tourist Tax – this is levied on overnight stays for non-residents in visitor accommodation up to a maximum of 3 consecutive stays.

RETREAT PRICE EXCLUSIONS

- Airfares
- Travel insurance
- Airport transfers or transfers outside the scheduled pick-up and drop-off
- Excursions outside the villa or transportation for excursions other than those specified
- Massages and holistic treatments
- Laundry facilities
- Other travel related expenses.

PAYMENT TERMS AND CONDITIONS

An initial deposit of £300 is required at time of booking. The balance is required 12 weeks before start date of travel.

GETTING THERE

The centre is ideally located 15 minutes from [Lucca](#), 35 minutes from Pisa, 1.5 hrs from Florence and 1.5 hrs from the breathtaking Cinque Terre region, making it the perfect base to explore Tuscany and Liguria

British Airways (0844 493 0787; www.ba.com), **easyJet**(www.easyjet.com) and **Ryanair** (www.ryanair.com) fly to Pisa, but look out for charter flights from regional airports in summer with carriers such as **Jet2** (0871 226 1737; www.jet2.com).

Take the half-hourly shuttle train from Pisa Aeroporto to Pisa Centrale (five minutes) and change for the regular service to Lucca. The station is just outside the town walls. Train information and booking online at www.trenitalia.com.

Find out more: www.myyogajourney.co.uk | www.tarajacob.co.uk | www.yogainitaly.com