

Immerse Yourself in Beauty!

**a unique 9-day
Yoga retreat in Tuscany**
with Juliana Mitchell

September 17-26, 2010

Deepen your Yoga practice while savoring Tuscany's exquisite culinary tradition and stunning landscape. 4 days in Florence and 5 days on the beautiful Mediterranean coast. Daily Vinyasa Yoga with Juliana Mitchell will nurture your body and spirit. Guided explorations of legendary Florence, charming villages and the breathtaking coast will dazzle your heart and mind. And the savoring of fresh, local flavors will delight your palate.

Min 3, max 10 participants.

ABOUT THE YOGA & JULIANA

Juliana has studied with Master teachers in the US and in India, and offers classes that are specific, compassionate and full of celebration. Her teachings emphasize precise alignment and flowing awareness, while cultivating the healing connection to our breath and innate joy. In addition to daily Vinyasa Yoga, Juliana will lead additional special sessions, incorporating the glory of the Tuscan coast and the full moon. For more information on Juliana please visit www.LivingNowYoga.com.

ABOUT THE CULINARY & TOURISM ELEMENTS

Our culinary and tourism experiences will be fostered by Sharon Richardson, Director of La Bella Vita Arts. Her philosophy of "Don't just EAT the food, LEARN about it!" means you'll enjoy delicious, genuine cooking accompanied by complete commentary on the culinary tradition, the preparation of the food and the Italian dining experience. Sharon will also guide our 4 days in Florence, our excursion to fascinating Volterra, and our winery visit and tasting followed by lunch in medieval Bolgheri.

SCHEDULE HIGHLIGHTS

Detailed schedule provided upon request. The following gives HIGHLIGHTS of the itinerary and is not complete. Note that there will be Yoga daily and on some days an additional special class or event.

Day 1 (Fri, Sept 17) FLORENCE

- arrivals, reception/orientation
- walking tour of Florence
- educational dinner "The Tuscan Table"

La Bella Vita ARTS WORKSHOPS

Day 2 (Sat, Sept 18)

-tour of Uffizi Gallery

Day 3 (Sun, Sept 19)

-Piazzale Michelangelo & San Miniato al Monte

-Boboli Garden

Day 4 (Mon, Sept 20)

-hike in Tuscan hills

-cooking class

Day 5 (Tues, Sept 21) TUSCAN COAST

-transfer to coast

-walking tour of Castiglioncello

Day 6 (Wed, Sept 22)

-special Yoga workshop: *Ayurveda & your Yoga practice*

Day 7 (Thu, Sept 23)

-excursion to Volterra

-full moon gazing (weather permitting)

Day 8 (Fri, Sept 24)

-special Yoga workshop: *Restorative Yoga, the Chackras & the Senses*

Day 9 (Sat, Sept 25)

-visit to Tuscan winery and tasting

-lunch in Bolgheri

-wrap up dinner party

Day 10 (Sun, Sept 26) - departures (no yoga)

FEES:

Participant: \$2690US (dbl occ)

Companion: \$1390US

(a Companion is someone who shares a room with a participant & does everything but yoga)

Single occ: please inquire

The fee includes:

-4 nights hotel accommodations in Florence

-5 nights hotel accommodations in Castiglioncello

-Accompanied train transfer from Florence to the Tuscan coast (Castiglioncello)

-Daily yoga (for Participants; mats provided)

La Bella Vita ARTS WORKSHOPS

- Most meals*
- Walking tour of Florence
- Entry and tour of Uffizi Gallery
- Entry and orientation in Boboli Garden
- Hands-on cooking lesson
- Excursion to Volterra
- Excursion to Bolgheri, winery visit and tasting
- Hike in the Tuscan hills
- Wrap up dinner party
- Full-time staff available 24/7

The fee does NOT include:

- Flight or transfers upon arrival or departure

PLEASE NOTE: All program events and schedules - as with all things in Italy - are subject to change. If events must be modified, we will make every effort to substitute an experience of equal type, significance and value.

A BIT ABOUT LA BELLA VITA ARTS & THE PHILOSOPHY BEHIND THE PROGRAMS

La Bella Vita Arts Workshops is a woman owned small business specializing in programs that combine training in the arts or wellbeing activities with cultural tourism in Italy. Owner-operator Sharon Richardson, a AmeriCanadian now living near Florence, created the enterprise as a way to combine her background in business and the arts with her love of the people, places and culture of Italy.

The philosophy behind the programs is simple: We believe Italy is a unique place and that it is best experienced in a personal way, in small groups, with a chance to mix with the people who live there and get a sense of real Italian life.

Our programs incorporate the famous tourist things, but our goal above all is to give you a sense of **la bella vita** -- the beautiful life in which we slow down and take time to enjoy a place, its food, its art, and each other.

***MEALS PROVIDED:**

- Day 1: dinner
- Day2: breakfast, lunch, dinner
- Day 3: breakfast, lunch
- Days 4-5: breakfast, lunch dinner
- Day 6-9: breakfast, dinner
- Day 10: breakfast

Based on past experience with clients, we've left a few "holes" in the meals provided to give you a chance to explore and try things on your own.