



YOGA IN ITALY

HILLTOP CHIANTI COUNTRY ESTATE

May 10 - May 17, 2024

PANORAMIC VIEWS OF TUSCAN HILLS, GARDENS, AUTHENTIC CUISINE



Seven nights accommodation including 2 meals each day
\$1749 per person, double occupancy including yoga classes
\$1349 per person, double occupancy without yoga classes

For more details contact Stuart Stark, Physical Therapist and Yoga Instructor
at 503.936.8640 or email at cobus13@msn.com



Each day begins with a 1hr morning yoga class. After breakfast and rest time there is a 2½ hour yoga class. Lunch will be served on the first full day (June 12th). You can have a sack lunch on any one day that you designate. Then you're free to take side trips to Siena, San Gimignano, Volterra, Lucca, wine tasting tours and more. On site you can enjoy swimming, cycling, hiking and tennis. Arrangements can be made for horseback riding, cooking or language classes. See www.grandeprato.it. All rooms have private baths. There is a \$300 surcharge for a single room.

Located outside the town of Castelfiorentino. Florence, Pisa and Siena are each approximately 40 miles away.



Stuart Stark completed his physical therapy training in Amsterdam, Holland, in 1979. Since 1993 he has taught a modified version of Iyengar Yoga that is geared to decrease injury by focusing on sequencing that combines both anatomical knowledge with traditional yoga. More information or references www.stuartstarkpt.com

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