



## ***YOGA IN ITALY***

***HILLTOP CHIANTI COUNTRY ESTATE***

**May 22 - 29, 2016**

PANORAMIC VIEWS OF TUSCAN HILLS, GARDENS, AUTHENTIC CUISINE



Seven nights accommodation including meals  
\$1349 per person, double occupancy including yoga classes  
\$1099 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](mailto:cobus13@msn.com)



Each day begins with a 1hr early morning yoga class. After breakfast and rest time a 2½ hr. extended yoga class is followed with lunch. 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](http://www.grandeprato.it). All rooms have private baths. There is a \$500 surcharge for a single room.

Located in 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.gudmestadyoga.com](http://www.gudmestadyoga.com)

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