



YOGA IN ITALY

HILLTOP CHIANTI COUNTRY ESTATE

June 4 - 11, 2019

PANORAMIC VIEWS OF TUSCAN HILLS, GARDENS, AUTHENTIC CUISINE

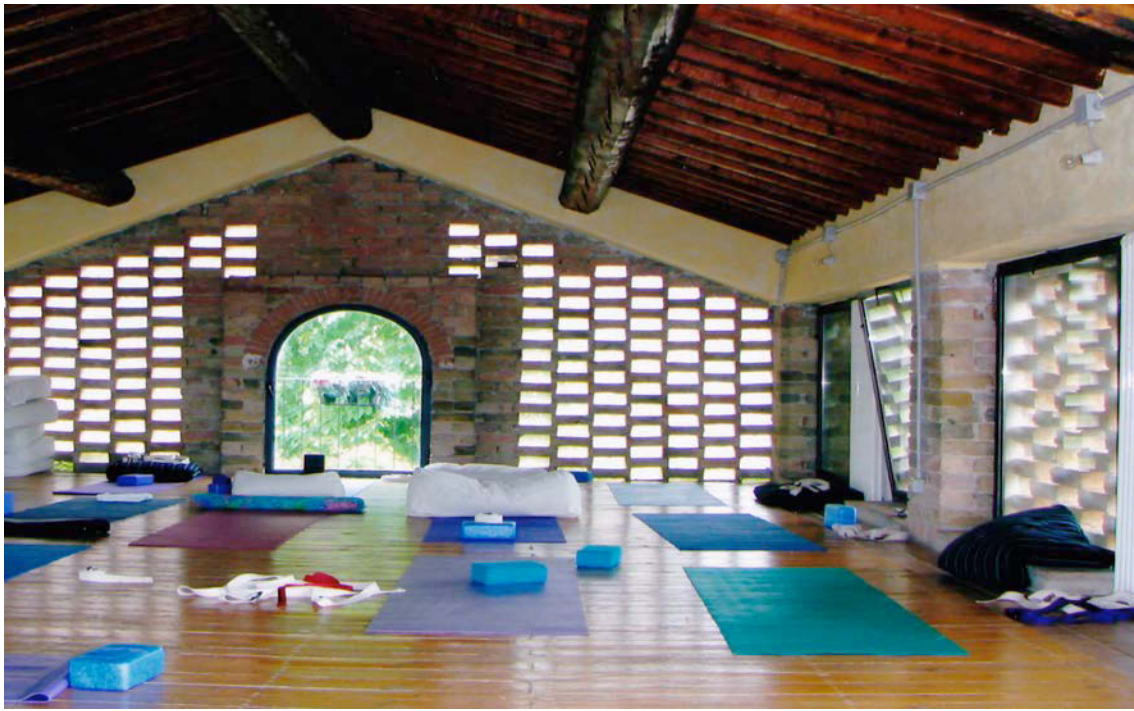


Seven nights accommodations including all meals and use of on-site facilities, i.e. pool, tennis courts, gym equipment and WiFi.

\$1399 per person, double occupancy, including yoga classes

\$1050 per person, double occupancy, without yoga classes

For more details contact Stuart Stark, Physical Therapist and Yoga Instructor
at 503.936.8640 or email to 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 are free to take side trips to Siena, San Gimignano, Volterra, Lucca, wine tasting tours and more. Onsite 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 \$500 surcharge for a single room.

Located in the town of Castelfiorentino. Florence, Pisa and Siena are each approximately 25 miles away. Please view this fabulous 90-second YouTube video tour of the location:
<https://m.youtube.com/watch?v=rDg-6SwEEXA>



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 anatomical knowledge with traditional yoga. For more information or references go to www.gudmestadyoga.com

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