

Dream ItalianTM
VILLAS & TOURS
Distinctively Different

MAY 25 &
OCTOBER 12
COMBINE
YOUR LOVE OF
ITALY & YOGA

100%
All-Inclusive

2019 TUSCAN BLISS & WELLNESS RETREAT

OUR ALL-INCLUSIVE tours are tailored to guests who want to experience the rich Italian culture while attending a yoga and wellness retreat.

Italian villas are high on many "bucket lists". Now you have the option to purchase a 100% Inclusive Tour without the many responsibilities of renting the whole villa – everything will be arranged for you.

Not a tour in the traditional sense – there is nothing traditional about it – just 12 to 14 like-minded guests who desire to combine their love of yoga, wellness, food, wine, and travel interests, and want exceptional accommodations with privacy when they desire it, and social time when it suits them. This allows you to book into a small hosted group, whether you are two, traveling solo, or have a few friends who wish to join you. Yoga participation is optional.

Extend your Italian vacation with a trip to Rome, Florence, the Amalfi Coast etc. Ask for details!

100% INCLUSIVE:

7-nights, Saturday-Saturday

Conveniently Located between Rome and Florence

Spacious En-suite Accommodations

All Meals at Villa Prepared by Private Chef
(Vegetarian Option Available)

Italian Wines & Non-Alcoholic Beverages

11 Yoga Sessions

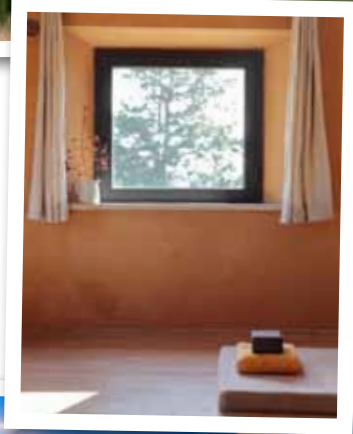
1 Hour Massage or Facial with Lucia

4 Artisanal Excursions include Farm Lunches, Guide & Transportation
Stone Mill Pasta, Olive Oil Tasting, Foraging, Wine Tasting

Gratuities & Taxes

\$3,790 USD*

Tanja Zauner



Tuscany

"My classes will be playful and challenging but also soulful. I love you to strengthen, stretch, twist, feel, explore and laugh. At the end of the class I hope to leave you more connected to yourself."

~ Tanja Zauner

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Or Contact Your Travel Professional

*Based on 14 paying guests;
at time of publication 1 € = 1.22 USD\$

Optional Pre & Post Packages Available from \$475*

DAY 1 -SATURDAY- Arrive at villa at 4 pm. Time to settle-in and a *Welcome Yoga Circle* to unwind. Antipasti Reception prior to dinner.

DAY 2 -SUNDAY- Morning Yoga 8 am - 9 am. 10 am walk from villa to stone flour mill at **Spedaletto** (approx 2 hrs on country roads; transportation available). Lunch based on farm's produce, after lunch a demonstration of how flour is milled and artisanal pasta made. Learn about the difference between heirloom varieties of wheat and stone-milled flour vs. industrial flour and their effects on our bodies. Return directly to villa or stop in **Bagno Vignoni**. Evening Yoga. B, D at villa.

DAY 3 -MONDAY- Yoga 8 am - 9 am. 10 am visit to eco-friendly winery in **Montepulciano** (zero sulphites); Light lunch and time to explore Montepulciano. Before returning to villa, stop at a farm in **Monte Follonico** where the owner produces extra virgin olive oil to make macerated oils with curative properties. Return to villa for free time to relax before dinner. B, D at villa.

DAY 4 -TUESDAY- Yoga 8 am - 9 am. 10 am visit to olive grove near **Cetona** for oil tasting and lunch. Oil/food pairings concentrating on your senses, smell, taste, texture. We will focus on the health benefits of extra virgin oils. *Optional stop to explore Cetona on the way back; Evening Yoga. B, D at villa.

DAY 5 -WEDNESDAY- Free day at the villa with morning and evening Yoga. Optional pasta making class. One hour massage (to be booked on one of your free days). B, L, D at villa.

DAY 6 -THURSDAY- Yoga 8 am - 9 am. 10 am visit to organic farm for lunch at *Suzie's Yard* in **Cetona**. We'll forage and collect edible plants for our meal while learning about their nutritional aspects. B, D at villa.

DAY 7 -FRIDAY- Free day at the villa with morning and evening Yoga. Optional pasta making class. One hour massage (to be booked on one of your free days). B, L, D at villa.

DAY 8 -SATURDAY- After breakfast, 10am check-out, then embark on your other Italian travel plans, or transfer to the airport.

**Optional pre/post travel available: Rome, Florence, Venice, Amalfi Coast etc.*

Details for optional transfers, cost based on participation. Single, triple, quad rates available upon request.

VINYASA YOGA with TANJA ZAUNER

Vinyasa Yoga connects one posture to the next using the breath. This can be thought of as *flowing* into postures. Moving in and out of postures is the obvious movement but even in stillness, Vinyasa is represented by the beat of your heart and inhale/exhale of your breath.

1st Deposit \$450pp within 7 days of reservation; 2nd deposit (50% of balance) 8 months before tour; final payment due 90 days prior to tour. **Deposits and Final Payments are 100% Non-Refundable.** Please purchase travel and cancellation insurance to protect your investment. Please read the disclaimer.

Final payment will be based on prevailing Euro currency: at time of publication 1 EUR = 1.22 USD. **Deposits & final payments are 100% non-refundable, your payment constitutes acceptance of this policy.** We highly recommend that you purchase trip cancellation at time of deposit to protect your investment. We are not responsible for any fees you might incur that insurance, or trip cancellation does not cover. Tour requires participation of 14 guests if necessary you will be notified by 7 months out and a full refund will be issued. We recommend not purchasing any non-refundable airfare etc. until such time. Pricing is per guest and includes all meals & items noted in the program. City center Rome hotel transfer at 11am is additional, cost based on participation. If deemed necessary to make adjustments to the program, it will be at our vendor's discretion & held to the same standards. No refund on unused nights. Transportation included for scheduled excursions only. Should you opt out of tour, a light lunch will be available at the villa, no refunds on unused tours. . US\$ Credit card payments require a 2.7% fee, International 4.4%, we accept US\$ Checks, otherwise International Wires a \$15 fee. Bank Fees subject to change.



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