

# IYENGAR YOGA WORKSHOP

**GABRIELLA GIUBILARO**

and

**JAMES MURPHY**

Centro Montauto  
Rapolano Terme, TUSCANY

20 JUNE- 27 JUNE 2019

**GABRIELLA GIUBILARO** a long-time student of B.K.S. and Geeta Iyengar. She started her studies of Iyengar yoga in 1973 with Dona Holleman. Since 1981 she has been going to Pune to study directly with the Iyengars. She is well known for her simple, direct and dynamic teaching style and her humor. Gabriella is the founder of the Institute Iyengar Yoga in Florence, Italy, where she currently teaches.

**JAMES MURPHY** began practicing yoga in 1988 and has made many extended trips to India to study with B.K.S. Iyengar and family. James began his study of Iyengar® Yoga with Mary Dunn and Kevin Gardiner after 10-year career with the Alwin Nikolais Dance Theater. James' keen perception and skill combined with a natural talent for teaching make his classes rich, exhilarating and fun! James is currently the director of the Iyengar Yoga Institute of New York.

**LESSONS:** Every day classes of *asanas* and *pranayama*.

**THE RETREAT** takes place at a farmhouse called "Centro Montauto" near Rapolano Terme. Rapolano Terme is a town located in Tuscany, Italy between Siena and Perugia [www.montauto.it](http://www.montauto.it) The yoga room is one of the many buildings on the property which has been restored with wooden floors and a view facing the surrounding hills. Food is prepared by our vegetarian chef who puts together nutritionally complete and delicious meals which are thoughtful and appropriate to the yoga practice.

***PLEASE be sure to bring your own yoga mat. All other props will be provided.***

**ARRIVAL:** on June 20<sup>nd</sup> afternoon from 4:30 pm, dinner at 7:30 pm

**CLASSES:** the first lesson will be on June 21<sup>st</sup> at 7.30 a.m.

the last lesson will end at 7:30 pm on June 28<sup>th</sup>

**DEPARTURE:** on June 27<sup>th</sup> morning

**TRANSPORTATION:** A shuttle bus will be provided **to** and **from** Montauto. It will depart June 20<sup>nd</sup> at 4:30 pm from "Istituto Iyengar Yoga Firenze", Via San Gervasio 18, Florence and will depart from Montauto on June 27<sup>th</sup> at 8:30 am. The cost is € 35 euros one way (€70 euros return) and it is non-refundable. The shuttle must be reserved at the time of the registration. For those who will not be staying at Montauto, a car will be necessary to travel **to** and **from** the retreat site.

**RESERVATION:** The workshop is open only to the member of the Iyengar Yoga Istituto Firenze. The membership is free. The workshop is open only to students who have done at least one year of Iyengar Yoga. The group will be divided in two.

**PRICE:** €950 (€ 570 for the workshop, € 380 for food, including three meals a day not refundable if not consumed). It does not include accommodations. The reservation will be valid only after the payment of the deposit of €300. Payment of deposit for this seminar must be made to the following account

ISTITUTO IYENGAR YOGA FIRENZE

BANCA: Banca Sella Agenzia Via Carlo Botta, 22 FIRENZE 50136, Italia

Iban: IT79X0326802801052813582410

SWIFT: SELBIT2BXXX

Please specify your first and last name and reason for the deposit "YOGA SEMINAR 20 June 2019". Please send by email [info@yogawisdomitalia.it](mailto:info@yogawisdomitalia.it) the receipt of payment for confirmation. The remaining balance can be paid at the time of the seminar.

**See info on our website [www.yogawisdomitalia.it](http://www.yogawisdomitalia.it) or call Agrippina +39 327 328 9503 or sending her an email at [info@yogawisdomitalia.it](mailto:info@yogawisdomitalia.it).** The number of reservations is limited and operates as first come, first serve. Reservations are confirmed only after payment of deposit.

**In case of a cancellation before May the 1<sup>st</sup>, you will be reimbursed the amount of your deposit minus € 100 euros. After May the 1<sup>st</sup>, there will be no reimbursement.**

**LODGING:** Lodging is a separate cost. Different types of accommodations are available below. You are responsible for reserving your own accommodations. You can reserve just the accommodation in Montauto Farm House, in the Camping area and the Shuttle services on our web site: "<http://www.yogawisdomitalia.it>" [www.yogawisdomitalia.it](http://www.yogawisdomitalia.it)

1) **In the rustic farmhouse** at the retreat site there are limited beds available. There are no private rooms or baths. Booking is first come, first serve. Rooms may only be reserved via email and with confirmation of full payment. Accommodation cost: **€ 300 euros**

2) **Camping** is available near the main house with its own facilities. Space is limited. Accommodation cost: **€ 125 euros**

### 3) **Recommended Hotel List:**

*Podere La casina* HYPERLINK "<http://www.poderelacasina.com>" [www.poderelacasina.com](http://www.poderelacasina.com), [info@poderelacasina.com](mailto:info@poderelacasina.com)

*Hotel San Giovanni*; 53040 Rapolano Terme (SI), tel.: +39 0577 724 030, fax: +39 0577 724 053; website: HYPERLINK "<http://www.termesangiovanni.it>" [www.termesangiovanni.it](http://www.termesangiovanni.it) ; email: HYPERLINK "<mailto:terme.s.giovanni@iol.it>" [terme.s.giovanni@iol.it](mailto:terme.s.giovanni@iol.it) ; 3 stars, thermal water pool, massage and physiotherapy, ten minutes from the site by car.

*Villa Buoninsegna*: Rapolano Terme, tel/fax: +39 0577 724380, website: "<http://www.buoninsegna.it>" [www.buoninsegna.it](http://www.buoninsegna.it) ; Ten minutes from the site, charming newly renovated farmhouse with swimming pool (not thermal). One double bed per room whether for single or couple.

*Castello di Modanella*: Serre di Rapolano (Si), tel: +39 0577 704604, fax: +39 0577 704740, website: "<http://www.modanella.com>" [www.modanella.com](http://www.modanella.com) , e-mail: "[info@modanella.com](mailto:info@modanella.com)" [info@modanella.com](mailto:info@modanella.com)

**There are many "agriturismo" in the area listed in the internet**