

ISTITUTO IYENGAR YOGA FIRENZE

info@istitutoiyengaryogafirenze.it telefono +39 055 582821, cell. +39 391
7434945

GABRIELLA GIUBILARO and AGRIPPINA PAKHARUKOVA

CENTRO MONTAUTO
RAPOLANO TERME, TUSCANY

1 July – 6 July 2021

6 July - 12 July 2021

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 sense of humor. Gabriella is the founder of the Institute Iyengar Yoga in Florence, Italy.

AGRIPPINA PAKHARUKOVA has a university degree in Sanskrit from Russian State University For Humanities, Moscow. She has an Iyengar yoga certificate and holds classes regularly at the Istituto Iyengar Yoga Firenze. Worldwide she teaches Iyengar Yoga, Indian philosophy. Agrippina has taught several workshops together with Gabriella.

LESSONS: Every day āsana classes, prānāyāma and chanting. We will choose sutras and mantras that will be read, explained and chanted. Every day three hours of yoga in the morning, and two in the afternoon and after each class we will dedicate sometime to the chanting. Agrippina will assist in the classes as well.

We will respect all the necessary rules for the prevention of the spread of the Covid 19 both for the practice of yoga, for catering and for housing.

1 July – 6 July 2021 This workshop is open to students of Iyengar Yoga with a minimum of three years of experience.

ARRIVAL 1 July at 15.30, only dinner, **no class**

DEPARTURE 6 July after breakfast, **no class**

6 July - 12 July 2021 This is workshop open for students with minimum four years of Iyengar Yoga and can practice Śīrṣāsana in the middle of the room

ARRIVAL 6 July at 2.30 p.m., class only in the afternoon

DEPARTURE 12 July, after lunch, class only in the morning

For the ones who remain both workshop the 6th morning there is no class.

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. Website www.montauto.it. Facebook: Centro Montauto

THE YOGA ROOM is one of the many buildings on the property that has been restored with wooden floors and a view facing the surrounding hills. Vegetarian food will be served. If you have food restriction or allergy, please inform before coming.

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

TRANSPORTATION: A shuttle bus will be provided **to** and **from** Montauto. It will depart from "Istituto Iyengar Yoga Firenze", Via San Gervasio 18, Florence. 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.

PRICE:

1st - 6th July € 530 (€ 260 for the classes and € 280 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 € 250.

6th July - 12th July € 750 (€ 390 for the classes and € 360 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 € 250.

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

PayPal to: info@istitutoiyengaryogafirenze.it

Please specify your first and last name and reason for the deposit "YOGA SEMINAR 20 June 2019". Please send by email info@istitutoiyengaryogafirenze.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.istitutoiyengaryogafirenze.it or sending her an email at info@istitutoiyengaryogafirenze.it cell. +39 391 7434945. 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 June the 10TH, you will be reimbursed the amount of your deposit minus € 80 euros. After June the 10TH, 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. To reserve the accommodation in Montauto Farm House, in the Camping area and the Shuttle services contact info@istitutoiyengaryogafirenze.it

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:

From 1st to 6th July € 200, From 6th July to 12th July € 240

3) Recommended Hotel List: *Podere La casina* "<http://www.poderelacasina.com>"
www.poderelacasina.com, info@poderelacasina.com

Hotel San Giovanni; 53040 Rapolano Terme (SI), tel.: +39 0577 724 030, fax: +39 0577 724 053; website: www.termesangiovanni.it ; email: terme.s.giovanni@iol.it"
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: 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, e-mail: info@modanella.com

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