

ISTITUTO IYENGAR YOGA FIRENZE

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GABRIELLA GIUBILARO and AGRIPPINA PAKHARUKOVA

CENTRO MONTAUTO
RAPOLANO TERME, TUSCANY

7th – 11th September 2022

Iyengar Yoga and some therapeutic aspects of the Yoga

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 asana classes, pranayama and chanting. In the afternoon we will study some therapeutic aspects of asanas in particular those concerning the health of knees, hips and lower back. We read some of classical Indian texts as Patanjali's yoga sutra and Hatha Yoga Pradipika and Agrippina will explain and chant some mantras. Every day asana and pranayama and Indian philosophy. 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.

ARRIVAL 7th September at 2.30 p.m., classes in the afternoon at 16.30 and dinner

DEPARTURE 11th September after lunch, classes only in the morning

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:

€ 560 (€ 320 for the classes and € 240 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 September 2022". 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 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 August the 15TH, you will be reimbursed the amount of your deposit minus € 80 euros. After August the 15TH, 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

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 is € 160

2)in the camping site: 120 euro.

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