

MONTAUTO (RAPOLANO TERME), TUSCANY

21 JUNE- 28 JUNE 2023

with

PATRICIA WALDEN and GABRIELLA GIUBILARO



PATRICIA WALDEN, a Senior Iyengar Yoga Teacher, has studied since 1976 with B.K.S. Iyengar. She is well known in the yoga community. She teaches in the US and abroad yoga asana and pranayama as methods to explore the nature of self.

GABRIELLA GIUBILARO started her studies of Iyengar yoga in 1973 with Dona Holeman. Since 1981 she has returned to Pune to study directly with the Iyengar family. She is well known for her simple, direct and dynamic teaching style and her humor.

LESSONS: Every day classes of asana and pranayama.

Istituto Iyengar Yoga Firenze s.s.d.r.l

Via San Gervasio 18, 50131 Firenze – Italy

Tel. +39 055 582821, cell. +39 391 7434945

Website <https://www.istitutoiyengaryogafirenze.it/>

Facebook Istituto Iyengar Yoga Firenze

Instagram <https://www.instagram.com/istitutoiyengaryogafirenze/>

WEBSITE OF MONTAUTO <http://www.montauto.it/>



THE RETREAT takes place at a farmhouse called "Azienda Agricola Montauto" near Rapolano Terme. Rapolano Terme is a town located in Tuscany, Italy between Siena and Perugia. 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 bring your own yoga mat. All other props will be provided.

ARRIVAL Wednesday June 21th afternoon

CLASSES The first lesson begins June 22nd at 7.30 am, last class 27th afternoon

DEPARTURE Wednesday June 28th morning

TRANSPORTATION: A shuttle bus will be provided to and from Montauto. It will depart Wednesday the 21st at 2 pm from "Istituto Iyengar Yoga Firenze", Via San Gervasio 18, Florence and will depart from Montauto June 28th at 9 am (it arrives in Via San Gervasio around 11 a.m.). The cost is 35.00 euro each way and is non-refundable. The shuttle must be reserved at the time of registration. For those who will not be staying at Montauto, a car will be necessary to travel to and from the retreat site.

PRICE: 1050.00 euro (€ 750 for the workshop, € 300 for food, including three meals a day not refundable if not consumed). It is not possible to book the workshop only for the yoga. Lodging is not included, see below.

RESERVATION: The number of reservations is limited and operates as first come, first serve. Reservations are confirmed only after payment of deposit of € 300.00. To reserve your place, you can call (39) 3497434945 or send an e-mail to: info@istitutoiyengaryogafirenze.it. Make sure to send an email with your first and last name and the receipt of the deposit, and make sure to receive the confirmation from the secretary of the school. In case of cancellation before May 15th, you will be reimbursed the amount of your deposit minus € 100.00. After May 15th, there will be no reimbursement.

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Payment of deposit for this seminar must be made to the following account:

ISTITUTO IYENGAR YOGA FIRENZE

BANK: Banca Sella

Bank address: Via Carlo Botta, 22 FIRENZE 50136, Italia

Iban: IT79X0326802801052813582410

SWIFT: SELBIT2BXXX

Attention! Please write down:

- First and Last name of the participant
- Reason for the deposit "YOGA SEMINAR 21-28 June 2023". The remaining balance can be paid at the time of the seminar.

LODGING:

1) In the rustic farmhouse at the retreat site Montauto 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 the deposit of € 150.00. Accommodation cost: € 300.00.

2) Camping is available near the main house with its own facilities. Space is limited. Accommodation cost: € 125.00

Nearby our farmhouse Montauto, different types of accommodations are available.

Some of the closest places are:

-Podere La Casina Strada della Bandita 199 – Rigomagno – Sinalunga tel: +39 347 817 8345 Michela. e-mail: info@poderelacasina.com – www.poderelacasina.com Five minutes from the site, charming renovated countryhouse.

- Villa ai Boschi, fraz. San Gimignano - Rapolano Terme, tel: +39 0577 704394, www.villadeiboschi.com Charming countryhouse

-Villa Buoninsegna: Rapolano Terme, tel/fax: +39 0577 724 380 - 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. Price does not include breakfast.

-Castello di Modanella: Serre di Rapolano (Si), tel: +39 0577 704604, fax: +39 0577704740, website: www.modanella.com , e-mail: info@modanella.com

→ You are responsible for reserving your own accommodations.

Thank you

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