

GABRIELLA GIUBILARO

IN PRESENCE TRAINING WORKSHOP FOR TEACHERS

in Italian and in English

CENTRO MONTAUTO

RAPOLANO TERME, TUSCANY

24-25-26 March workshop asanas level II and some asanas level I (the workshop will be held to the attainment minimum of 10 people)

21-22-23 April workshop asanas level III and some asanas level II (the workshop will be held to the attainment minimum of 10 people)

26-27-28 May workshop asanas level II and some asanas level I, especially, "How to take care of your spine" (the workshop will be held to the attainment minimum of 10 people)

SCHEDULE: Friday 17.00- 19.30 pm, Saturday 10.00-12.30 am /15.30-18.00 pm, Sunday 9.00 - 12.30 am

ARRIVAL Friday at 3.30 p.m.

DEPARTURE Sunday after lunch, class 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.

PRICE:

€ 280 (€ 120 for the classes and € 160 for accommodation and food, including three meals a day not refundable if not consumed). The reservation will be valid only after the payment of the deposit of € 150.

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 "TRAINING WORKSHOP FOR TEACHERS+DATE". 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 one month the beginning of the workshop, you will be reimbursed the amount of your deposit minus € 50 euros. After that date, there will be no reimbursement. In case of cancellation the workshops will be online, and part of the money will be reimbursed.