

MONTAUTO (RAPOLANO TERME), TUSCANY

28 JUNE – 4 JULY 2024

EDWIN BRYANT
and
GABRIELLA GIUBILARO

EDWIN F. BRYANT received his Ph.D in Indic languages and Cultures from Columbia University. He taught Hinduism at Harvard University for three years, and is presently professor of Religions of India at Rutgers University. He published several books and authored a number of articles on Vedic history, yoga, and the Krishna tradition. In his research engagements, he lived several years in India where he studied Sanskrit and was trained with several Indian pundits. In addition to his academic courses, E. Bryant currently teaches workshops at yoga studios in the States and abroad. His lectures and workshop engagements include: The Bhagavad Gita, The Yoga Sutras, Indian Philosophy and Bhakti, and the Krishna Tradition.

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 with Gabriella. Edwin will teach morning and afternoon yoga philosophy. This workshop will focus on the Upaniṣad. Please bring the book “The Upanisads” by Patrick Olivelle, Oxford World’s Classics

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

ARRIVAL: Friday 28th June after lunch

CLASSES: The first lesson begins Friday June 28th at 16.00 pm, last class Thursday 4th July morning

DEPARTURE: Thursday 4th July after lunch

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/>



TRANSPORTATION: A shuttle bus will be provided to and from Montauto. It will depart Friday 28th at 2.00 pm from “Istituto Iyengar Yoga Firenze”, Via San Gervasio 18, Florence and will depart from Montauto July 4th at 2.00 pm (it arrives in Via San Gervasio 18 around 4.00 pm). 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: € 920 (including € 560 for the workshop, € 360 for board which includes three meals per day non-refundable if not eaten). Cost does not include lodging.

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) 391 7434945 or send an e-mail to: info@istitutoiyengaryogafirenze.it. Make sure to send a email with you name and the receipt, and make sure to receive the confirmation from the secretary of the school. In case of cancellation before May 30th, you will be reimbursed the amount of your deposit minus € 100.00. After May 30th, there will be no reimbursement.

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
- Reason for the deposit “YOGA SEMINAR 28 June 4 July 2024”. The remaining balance can be paid at the time of the seminar.

LODGING:

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 the deposit of € 150.00. Accommodation cost: € 240.00.

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

Different types of accommodations are available below. You are responsible for reserving your own accommodations. Some of the closest places are:

Recommended Accomodation List:

-*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

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-*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.

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