



MONTAUTO (RAPOLANO TERME), TUSCANY

19 - 26 JUNE 2024

With

GABRIELLA GIUBILARO, CRISTINA COSTA, ROSANA SELIGMAN

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.

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
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CRISTINA COSTA a certified Senior Intermediate I, director of “Centre de Yoga Iyengar de Perpignan”, has studied Iyengar yoga since 2004. She moved to France where she studied with Faeq and Corine Biria. Since 2011 she has been going to Pune regularly. Cristina considers it most important to continuing study, being an enthusiastic student first and a passionate teacher second. Through practice and study, Cristina explores the depth of Guruji's teachings, and she share this exploration with her students.

ROSANA SELIGMAN a certified Senior Intermediate II, director of www.centroiengaryoga.com.br, graduated in literature and worked 15 years as an actress and university teacher in Brazil. Since 2000 she goes regularly to the Institute of Pune and she has devoted herself exclusively to the study of Iyengar Yoga. She translates articles and books on yoga. Together with her husband and two children, she grows and donates organic food to the homeless in São Paulo, as well as donating the income to NGOs related to indigenous or children's causes.

LESSONS: everybody is welcome. The group will be divided into two, more or less experienced. Gabriella will teach the more experienced, while Rosana and Cristina will teach beginners. Each group will have one lesson in the morning and one in the afternoon. For teachers it will be possible to observe the other class.

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 19th afternoon

CLASSES The first lesson begins June 20th at 7.30 am, last class 25th afternoon

DEPARTURE Wednesday June 26th morning

TRANSPORTATION: A shuttle bus will be provided to and from Montauto. It will depart the 19th at 2 pm from “Istituto Iyengar Yoga Firenze”, Via San Gervasio 18, Florence and will depart from Montauto June 26th 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.

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PRICE: 1.100,00 euro (€ 700 for the workshop, € 400 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 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 15th, you will be reimbursed the amount of your deposit minus € 100.00. After May 15th, 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 19-26 June 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: € 280.00.

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

-*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

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