



# Iyengar Yoga Retreat in Tuscany, Italy

## *with Mary Reilly*

Picture yourself next June in the rolling hills of the wine country in the center of Montepulciano, Italy. Our retreat setting is a private country resort, originally a Franciscan monastery which dates back to the 12th century. It is among the oldest monasteries in Montepulciano and is therefore preserved by the Fine Arts Department from any architectural alterations, in order to safeguard its artistic value. Placed at the base of a sacred mountain, it is surrounded by fields and forests, but near to the towns of Montepulciano, Montalcino and Radicofani. These three towns are locally known as the Tuscan Golden Triangle.

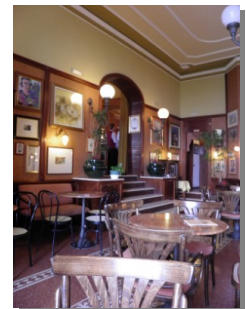


### *The Yoga Workshop*

Yoga classes are taught by Mary Reilly, a senior certified instructor in the Iyengar tradition, who has been teaching yoga for 29 years. Mary has led several retreats in different parts of the globe and at home in Northern Michigan.

- 5-days of yoga
- Lunches with workshop
- One group dinner
- Apartments w/ kitchen
- Pool
- Wifi access
- Walking trails
- Close to Sienna, Florence & San Gimignano

*Pricing from \$1,625 double*



*Caffe Poliziano*

"To kindle the divine fire within yourself. Everyone has a dormant spark of divinity in themselves which has to be fanned into flame." – B.K.S. Iyengar

Questions? Contact Mary Reilly at (231) 526-9093 or [maryreilly36@gmail.com](mailto:maryreilly36@gmail.com)

## The Details

Participants will fly into Rome or Florence and use a rental car to get to our resort. Accommodations in this resort are apartments ranging from studio to freestanding villas and with capacities for 1-4 persons. Each has an appointed kitchen, and seating area in addition to the bedrooms. Orthopedic beds, Egyptian cotton bed linens and comfortable sofas



and chairs in each apartment bring a comfort not known to the monks! The resort has a lovely pool located onsite that is a short (walkable) distance away from the apartments so as not to disturb the peaceful setting.

Our schedule will allow a relaxed morning and preparing breakfast at your kitchen. We will convene for our main yoga class in a large hall mid-morning ending at mid-day. Lunch will be provided most days. Some restorative afternoon classes will be offered. On other days, planned trips to local attractions will be available. One night, the host of the resort will provide an Italian meal for the entire group. Other nights we will have the option of joining others for a meal in town, potlucking it or cooking for ourselves. Our host & trip organizers will help facilitate sharing car rentals and organizing restaurant plans as much as possible.

## Join us for an unique Italian experience (airfare not included)

- *Triple*: \$1,475 (daybed)
- *Double*: \$1,625
- *Single*: \$2,250

*Students should have one year of experience in the Iyengar tradition*

**\*\* 50% deposit required to hold your place. Full payment due by March 31, 2012 \*\***

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### Registration for Tuscany – June 2012 :

Mail to: NORTH WOODS YOGA, 316 ½ E. MITCHELL, PETOSKEY, MI 49770 • (231) 526-9093

Name: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Telephone: Home ( \_\_\_\_\_ ) \_\_\_\_\_ Cell ( \_\_\_\_\_ ) \_\_\_\_\_

Accommodation: Single / Double / Triple Preferred Roommate(s): \_\_\_\_\_

Enclosed is my deposit for \$ \_\_\_\_\_