



**YOGA BY ALLISON**  
YOUR BODY. YOUR YOGA.

## *La Gioia di Toscana!*

*A yoga retreat to inspire your Spirit in Italy  
September 8-15, 2012*

Breathe deeply in the Tuscan hills. Wander among tranquil terraces, secret gardens and bubbling fountains. Sway gently under a tree in a cotton hammock. Come join Allison English for a rejuvenating week of yoga and Italian food and culture. Held at rustic Villa Benvenuti, outside the town of Lucca, this beautifully restored 17<sup>th</sup> century villa is surrounded by forests and perched high on a hillside overlooking a panorama of olive groves, fruit trees and vineyards. We will practice yoga twice a day, eat delicious locally sourced meals cooked for us, take guided scenic walks and excursions, eat gelato, take refreshing dips in the swimming pool, and simply enjoy life with friends and yoga in the stunning beauty of Tuscany!

### **Retreat fees and terms:**

- \$1750 per person in shared twin room with shared bathroom (4 rooms)
- \$2150 per person in shared twin room with private bathroom (3 rooms)
- \$50 early bird discount if registered by December 31, 2011

### **Retreat package includes:**

- 2 daily yoga practices, morning & early evening
- 7 nights accommodation with linens & towels
- 3 delicious vegetarian meals per day (including dietary restrictions)
- Aperitivo with Prosecco on the last night
- Dinner out at a local favorite hilltop restaurant on the last night
- Fresh detox juice at breakfast
- Unlimited fruit, water & herbal teas throughout the day
- Wine (produced from the estate) at dinner
- Use of the swimming pool & all facilities within the grounds of the villa
- Yoga mats, blankets, blocks, straps, bolsters & Yogitoes skidless towels
- Guided hike (2-4 hrs) to hilltop village with picnic lunch
- Informal guided walking & cycling tour of medieval walled city of Lucca
- Villa Grabau visit & gelato excursion at a riverside gelateria
- Pick-up from Lucca train or bus station

### **Price does not include:**

- Airfare (nearest airport is Pisa or Florence, Rome or Milan is 4.5 hrs by train)
- Travel Insurance
- Additional excursions & meals on your own
- Laundry - 5 euro per load
- Massages & other holistic treatments
- Private yoga

### **Optional excursions & activities:**

- **Visit other nearby Tuscan cities.** Trips to Florence (1.5 hrs by train), Pisa (30 minutes by train) and the seaside port of Viareggio (30 minutes by train) are all accessible if you feel like exploring further afield. Cinque Terre is also possible by train (1.5 hrs changing at Viareggio and La Spezia) but this is definitely a day trip. If you have your own car and a GPS navigator, then there are other options such as Portovenere (1.5 hrs), a lovely seaside village just before the Cinque Terre with restaurants, beaches and swimming from the rocks.
- **Bike the Tuscan countryside.** Bike rental for one week is 80 euro per person. It's a great way to explore Lucca and for those interested, we can show you the best route to follow back to the villa along the "parco fluvial" which is very scenic and quite flat. It takes around 30 minutes to cycle to/from the historical center of Lucca but there is some traffic to deal with. The local area around the villa is quite hilly so unless you are used to riding up hills, it may be a bit challenging.
- **Parli l'italiano?** Italian language classes conducted at the villa at a time to be agreed with the teacher. Prices are as follows:
  - For groups of 1 – 2 people for 2 hours = 40 euro.
  - For groups of 3 – 10 people for 2 hours = 70 euro (or 50 euro for 1 hr)

- **Cook a Tuscan meal.** We can organize a cooking class at the villa with our wonderful local cook Mariangela. Conducted at a time to be agreed with those interested. Price is 35 euro per person. 4 person minimum.
- **Villa & Wine Tasting Excursion.** This is a half-day excursion leaving after breakfast and includes a visit to a historical villa, a winery tour, wine tasting, and light lunch. The cost is 75 euro per person including transportation. 8 person minimum.
- **Enjoy massages and holistic treatments.** Wonderful local therapists will be available throughout the retreat for various massages and treatments. There will be a schedule where you can sign up for your treatment. Please note that the therapists must be paid at the time of the treatment so bring some extra cash if you plan on indulging yourself!
- **Private Yoga.** Book a separate one on one yoga session with Allison to delve deeper into meditation, journaling experiences, mentoring for teachers, or specific poses you are working towards. A great gift for the Self!

**Sample schedule:**

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:00am</b>		Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
<b>9:30am</b>		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Farewell Breakfast
<b>10:30am</b>		Free Time	Walking and cycling tour of Lucca	Free Time	Hike to hilltop village with picnic lunch	Free Time	Villa Grabau visit & gelato excursion	Retreat ends
<b>2:00pm</b>		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
<b>3:30pm</b>	4:00pm Check-In	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	
<b>6:00pm</b>	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	
<b>8:00pm</b>	Welcome Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Celebratory dinner out at restaurant	

**Registration:**

\$500 non-refundable deposit is due for each person at time of registration. Balance is due by July 21, 2012. 14 participants maximum so reserve early to ensure your spot! Contact Allison at [allisonenglish@gmail.com](mailto:allisonenglish@gmail.com) for registration materials. Grazie!

Visit [www.villabvenuti.com](http://www.villabvenuti.com) to view the villa or log on to Facebook to view their page.

**Teacher – Allison English:**



Allison English is a certified Forrest Yoga Instructor and a lifelong lover of Italy. She has completed over 1000 hours of training through the Foundation and Advanced Forrest Yoga Teacher Certification Programs. She was voted “Best Yoga Instructor – Chicago” in 2008 by the Chicago Reader and has regularly appeared in publications, blogs, conferences, and fundraising events as a leading instructor in the yoga community. She also has a Bachelor’s Degree in Italian, lived in Southern Italy and continues to study Italian language and culture.

Continuing to refine her skills as a teacher and healer, she regularly travels around the United States to attend workshops, teacher trainings, and assisting opportunities with her guru Ana Forrest. She is also a sought after teacher trainer and mentor to other yoga instructors.

Allison’s classes focus on connecting to the power of intention, the strength of the core, deepening the flow of the breath, and using the power of a yoga practice to transform her students’ lives into walks with their Spirits. She has experience teaching to a wide variety of levels, assessing physical limitations, and tailoring yoga to the needs of the individual.

Compassionately constructed pose sequences in combination with guided breath-work and expert hands-on adjustments will take you on a fantastic journey through the joys of a yoga practice – awakening your senses, opening new space in your body, and enlivening your Spirit – all in the beautiful setting of Tuscany!

[www.yogabyallison.com](http://www.yogabyallison.com)