

Enhancing Vitality Yoga Retreat in Tuscany, Italy

With Anne Lonsdale and Jessica Blanchard

2 – 9 June 2012



Join Anne Lonsdale and Jessica Blanchard in an idyllic Tuscan setting for a 7 day yoga and meditation retreat! Together, we will explore postures, breath, cleansing, attitude and nutrition to experience how yoga can enhance and transform our inner and outer vitality. Learn how to build and keep your body vibrantly healthy using Ayurvedic principles, diet and lifestyle.

Open to all levels from beginners to advanced, this all inclusive yoga holiday includes twice daily inspiring yoga classes (including meditation and pranayama), three delicious and healthy vegetarian meals per day, guided nature hikes, wonderful sightseeing to explore local villages, time to relax and contemplate, optional excursions and in-house holistic treatments.

Fabulous Location & Wonderful Regional Food

The week long retreat will be held at [Villa Benvenuti](#), a beautifully restored 17th century Villa just outside the medieval town of Lucca – one of Tuscany's best kept secrets! Located just thirty minutes from Pisa and 1.5 hrs from Florence, the villa sits high on a hillside overlooking a panorama of mountains, olive groves, fruit trees and vineyards. With 28 hectares of unspoilt nature to explore, the natural surroundings and secluded setting create an atmosphere of calm and stillness, making it ideal for yoga and meditative practices. We practise yoga in several indoor and outdoor spaces – the indoor yoga room is fully equipped with mats, bolsters, belts and blocks and we use the grassed terraces with views overlooking the hills and olive groves for sunrise and sunset sessions.

Olive oil, herbs, vegetables, fruit and wine are all produced in abundance on the estate and provide the essential ingredients for delicious, fresh vegetarian meals, cleansing juices and herbal teas. The atmosphere at the villa is very relaxed and informal and participants are free to help themselves to fresh fruit, water and herbal teas throughout the day.

Teachers—Anne Lonsdale and Jessica Blanchard



[Anne](#) trained for many years in Hatha yoga practises and philosophy in Thailand & India and continues to spend time there each year with her teachers. Currently, she leads retreats and workshops around the world and regularly teaches Yoga Teacher Training Courses. Her classes combine a mixture of breath work (Pranayama), postures (Asana) & meditation techniques and she combines this with guidance on general lifestyle choices to enhance well being and contentment.

Her interest is in how our attitude affects us both in our yoga practise and in life generally. She draws on her 25 years experience working as a leadership development trainer, facilitator & coach in the corporate world where she ran her own successful consultancy.

After yoga touched her life deeply, [Jessica](#) shifted paths to devote herself to spreading the wisdom of eastern healing modalities. Jessica leads Yoga, Nutrition and Ayurveda workshops each year in Asia and Europe. When not travelling she teaches at her yoga studio in New Orleans. She has studied nutrition and wellness in the Eastern tradition of Ayurveda and is currently becoming a registered dietician in the USA. A student of Ashtanga Yoga since 2000, Jessica studied primarily with the late Sri K. Pattabhi Jois, who gave her his blessing to teach in 2005. She teaches with compassion and intelligence, and loves seeing how yoga uncovers the layers of dust, letting the spark of intelligence shine through each individual.



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Retreat Fees & Terms

£1100 / \$1735 per person in a shared twin room, 4 sharing bathroom (4 rooms)

£1295 / \$2075 per person in a shared twin room, ensuite (2 rooms)

£1295 / \$2075 per person in a shared double room, ensuite (1 room)

Most people are happy to share a room and if booking a shared twin room, we will put you in a room with a same sex person. Rooms will be allocated on a first come first served basis.

The price includes:

- * All group yoga activities (schedule available soon!)
- * 7 nights accommodation + all linen and towels
- * 3 delicious vegetarian meals
- * Dinner out at one of our favourite restaurants on the last night
- * Fresh detox juice at breakfast
- * Unlimited fruit, water and herbal teas throughout the day
- * Wine (produced from the estate) at dinner
- * Use of the swimming pool and all facilities within the grounds of the villa
- * Use of yoga room, yoga mats, blankets, blocks, belts, bolsters, yogitoes skidless towels
- * Guided hike (2 – 4 hrs) to hill top village with picnic lunch
- * Free pick up from Lucca Train or Bus stations
- * Assistance and advice in arranging optional excursions

The price does not include:

- * airfares
- * travel insurance
- * airport transfers (other than pick up from Lucca train or bus station)
- * optional excursions and activities
- * massage and other therapies
- * other travel related expenses

Bookings and Enquiries

To book your place, a non-refundable, non-transferable deposit of £300/ \$400 per person is required. Full payment by 15 April 2012.

To enquire/book, please email:

UK—anne@blackloch.com

or USA—jessica@balanceyogawellness.com