

Yoga, Pilates & Walking Retreat with Melissa Ferrer

LUCCA, TUSCANY

June 16—23, 2012



Join [Melissa Ferrer](#) in Tuscany for an inspirational week of yoga and pilates in a beautifully restored 17th century villa just outside the medieval city of Lucca. Each day will provide a blend of yoga, pilates, pranayama (breathing techniques) and meditation in a dedicated studio overlooking landscaped gardens, scenic guided walks in the picturesque surrounding hills, wonderful regional vegetarian food, trips to local villages steeped in history and immersion into the art and culture of Italy. There will also be plenty of free time soak up the peace and tranquillity of the Villa, relax by the pool, laze in a hammock or indulge in an in-house massage!

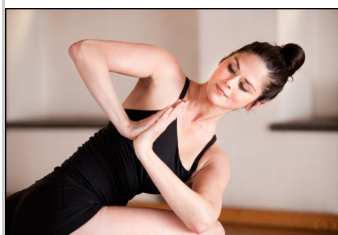
For those wishing to discover this beautiful part of the world a bit more, there are a number of optional activities and excursions to enjoy including a visit to the lively historic town of Lucca (still encircled by an imposing 16th century wall and full of cafes, shops and bicycles), a Tuscan cooking class or a wine tasting excursion into the hills of Lucca where you can enjoy the beauty of century old villas perched on hills rimmed by olives & hundred year-old vineyards and taste some of the best wines in Tuscany!

Open to all levels and ages— this all inclusive retreat will rejuvenate your mind, body and soul!

Location: Located just 30 minutes from Pisa and 1.5 hrs from Florence, [Villa Benvenuti](#) sits high on a hillside overlooking a panorama of olive groves, fruit trees and vineyards. Restored to the highest standards, everything at Villa Benvenuti has been arranged with nature and simplicity in mind with traditional terracotta tile flooring and wooden beams, simple and elegant furnishings and beautiful outdoor living spaces. The grounds are extensive and lush with several grassed terraces for enjoying the beautiful vistas, a secret garden waiting to be discovered and a swimming pool set away from the house amongst olive groves and oak trees. Wine, olive oil, herbs, vegetables & fruit are all produced in abundance on the estate and provide the essential ingredients for our deliciously fresh, vegetarian meals, cleansing juices and herbal teas.

Our retreat menu is vegetarian with delicious healthy meals based on what is in season and the region's specialities. As we are in Tuscany, we do indulge in organic cheeses, pasta, breads, wines and other delights, and so this retreat is not a strict cleanse but offers plenty of healthy choices. Food is organic where possible and sourced from the Villa's vegetable garden or from local producers.

Teacher—Melissa Ferrer



Melissa Ferrer, owner of [19r Yoga Pilates](#) studio in Florence, has had a prodigal effect on the international Yoga scene since 2006. As the result of a serious car accident, she began practicing yoga, which propelled her into her master teacher training in Ashtanga Yoga, studying under the "Its Yoga" system in San Francisco, Puerto Rico, Stockholm and Italy. In 2009 she moved to Florence and opened her own yoga and pilates studio, dedicating herself to the creation of a friendly yoga community, sharing her knowledge and making yoga accessible to everyone. Since then, the studio has evolved into an international yoga school and teacher training institute offering daily classes, diverse routines, workshops and regular teacher training programmes. Melissa has completed over 500 hours yoga teacher training and is a certified Pilates matwork instructor. She also has extensive experience in Vipassana Meditation which she incorporates into her classes. Melissa believes that yoga is more than a physical practice – it is a path to a more relaxed, centered and fulfilling lifestyle. She is committed to sharing her knowledge and practice in an effective, thorough and fun way!

Yoga, Pilates & Walking Retreat with Melissa Ferrer

LUCCA, TUSCANY

June 16—23, 2012



FEES & TERMS:

995 euro per person per week in twin room with shared bathroom—8 places (4 rooms / 2 bathrooms)

1250 euro per person per week in twin room with private ensuite bathroom - 6 places (3 rooms / 3 bathrooms)

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

Single rooms are limited and incur an additional supplement of 300 euro.

RETREAT INCLUSIONS:

- * Twice daily yoga / pilates + meditation program
- * 7 nights luxury accommodation at Villa Benvenuti
- * 3 delicious vegetarian meals per day
- * Detox juice at breakfast
- * Unlimited herbal teas, water & fruit during the day + wine with dinner
- * Guided hike to hilltop village with picnic lunch
- * Celebratory aperitivo with prosecco at sunset on the last night
- * Dinner out at one of our favourite local restaurants on the last night
- * Use of swimming pool and all facilities within the grounds of the villa
- * Use of yoga mats, blankets, blocks, belts and bolsters and Yogitoes skidless towels

RETREAT EXCLUSIONS:

- * airfares and travel insurance
- * airport transfers (other than pick up from Lucca Train or Bus Station)
- * Optional excursions or lunches outside the villa
- * massage and other therapies
- * other travel related expenses

REGISTRATION:

A non-refundable, non-transferable deposit of 300 euro is due for each person upon registration and full payment is required 6 weeks prior to the beginning of the retreat.

The retreat is limited to 14 places so book early to ensure your place.

To register or for more information, please email yoga@villabenvenuti.com or call Siobhan on +39 340 480 8255.



www.villabenvenuti.com

email: yoga@villabenvenuti.com

Yoga, Pilates & Walking Retreat with Melissa Ferrer

LUCCA, TUSCANY

June 16—23, 2012



TYPICAL WEEKLY PROGRAM*

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am		Fresh Herbal Tea + Fruit	Fresh Herbal Tea + Fruit	Fresh Herbal Tea + Fruit	Fresh Herbal Tea + Fruit	Fresh Herbal Tea + Fruit	Fresh Herbal Tea + Fruit	
7:30am		Meditation, Pranayama and Morning Yoga	Meditation, Pranayama and Morning Yoga	Meditation, Pranayama and Morning Yoga	Meditation, Pranayama and Morning Yoga	Meditation, Pranayama and Morning Yoga	Meditation, Pranayama and Morning Yoga	
9:30am		Fresh Detox Juice + Nutritious Breakfast	Fresh Detox Juice + Nutritious Breakfast	Fresh Detox Juice + Nutritious Breakfast	Fresh Detox Juice + Nutritious Breakfast	Fresh Detox Juice + Nutritious Breakfast	Fresh Detox Juice + Nutritious Breakfast	Farewell Breakfast
10:30am		Free time (e.g. massage, nature walk, swim, read, relax, explore or just do nothing!)	Free time OR Optional Activity** Informal guided tour of Lucca (2-3 hrs)	Free time OR Optional Activity** Guided hike to hill top village with picnic lunch. (3-4 hrs)	Free time (e.g. massage, nature walk, swim, read, relax, explore or just do nothing!)	Free time OR Optional Activity** eg Cooking Class, Wine Tasting Excursion, Villa Visit etc (3-4hrs)	Free time (e.g. massage, nature walk, swim, read, relax, explore or just do nothing!)	Retreat Ends - Transfer to Lucca Train / Bus station
1:30pm		Delicious Vegetarian Lunch	Delicious Vegetarian Lunch		Delicious Vegetarian Lunch	Delicious Vegetarian Lunch	Delicious Vegetarian Lunch	
2:30pm		Free time (e.g. massage, nature walk, swim, read, relax, explore etc)	Free time (e.g. massage, nature walk, swim, read, relax, explore etc)	Free time (e.g. massage, nature walk, swim, read, relax, explore etc)	Free time (e.g. massage, nature walk, swim, read, relax, explore etc)	Free time (e.g. massage, nature walk, swim, read, relax, explore etc)	Free time (e.g. massage, nature walk, swim, read, relax, explore etc)	
4:00pm	Arrival							
5:30pm	6:00 PM: Group Welcome	Afternoon Pilates / Restorative Yoga	Afternoon Pilates / Restorative Yoga	Afternoon Pilates / Restorative Yoga	Afternoon Pilates / Restorative Yoga	Afternoon Pilates / Restorative Yoga	Afternoon Pilates / Restorative Yoga	
7:30pm	Welcome Dinner	Delicious home cooked dinner	Delicious home cooked dinner	Delicious home cooked dinner	Delicious home cooked dinner	Delicious home cooked dinner	Aperitivo & Prosecco at the villa + Dinner out at a local restaurant	
8:30pm								

* Please note that the daily schedule is subject to change and may be adjusted to suit the needs of the group and/or unforeseen conditions.

** Optional activities & excursions, massage treatments and meals eaten out are not included in the retreat price. The costs for these are:

Informal guided tour of Lucca (2-3 hrs) – 25 euro pp including transport and bike hire (Minimum 4 people)

Cooking Class at Villa Benvenuti (3 hrs) – 35 euro pp (Minimum 4 people)

Villa Visit & Gelato Excursion (2-3 hrs) – 25 euro pp including transport, entry into Villa, tour and gelato (Minimum 4 people)

Wine Tasting Excursion (4 hrs) - 75 euro pp including transport, visit to a historical villa, winery tour, wine tasting and light lunch. (Minimum 8 people)

Massage & Holistic Treatments – 75 euro for 1 hour.