



**ITALY YOGA RETREAT with MONICA PAREDES
IN SABINA, UMBRIA, ITALY
JUNE 12 - 19, 2004**



To register call: 210-381-2389
For more information visit: www.heartpracticeyoga.com

Treat yourself to an unforgettable retreat with certified Kripalu teacher **Monica Paredes**. In Sabina consists of two beautifully restored 17th century stone villas on seven acres of land with an outdoor swimming pool.

The grounds are landscaped with natural, secluded areas for photography, walking, resting, reading and meditation. The setting is calm and rustic -- an ideal place to rest and relax. A winding country road leads from the property to the charming medieval town of Torri in Sabina about 1.5 miles away, passing scenic farms and landscapes.

Join us for this inspirational trip sure to rejuvenate your spirit. Spend time with friends in one of Italy's finest natural surroundings.

Accommodations: All double occupancy rooms have been recently designed in a simple natural style. The main house has three double bedrooms, a therapy room and three bathrooms. There is a large entrance hall, two reception rooms and a kitchen and dining room with an open fireplace. There are also two separate large double bedrooms each with their own entrances and shower rooms (extra \$).

Yoga classes: Monica will teach daily two-hour yoga classes in the morning, illuminating and deepening your understanding of yoga and philosophy. Evening meditations will also be offered.

Activities and excursions: The area is rich in sites of historic and natural beauty. Transport to various sites and activities can be arranged and is charged accordingly. Some available local activities and excursions include:

- walks
- canoeing
- hot sulphur springs
- Olympic-size indoor swimming pool
- outdoor cold springs & rivers (swimming)
- lakes and national park
- local medieval sites
- visits to Rome and Umbrian towns**
- delightful local festivals in nearby villages.
- cycling*
- golf
- tennis

* Mountain bikes included in price

**One tour of choice included in price.

The following places are within easy access of Torri in Sabina and easily reached by car:

- Rome - 45 minutes
- Spoleto and Todi - 1 hour
- Orvieto - 1 hour
- Siena - 2 hours
- Assisi - 2 hours

Treatments: Reasonably priced therapies are available and sessions should be booked in advance.

Meals: Three garden-fresh healthy meals, rich with the local flavors are served daily.

Transportation and transfers: We will provide group bus transportation from the Stimigliano train station.

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Sample Tours:

- **LAZIO:** Tuscia - Etruscan Viterbo & Renaissance Gardens of Villa Lante
- **LAZIO:** Relaxation at the Thermal Spa of Viterbo
- Exploring Ancient **ORVIETO**
- **UMBRIA:** The Highlights
- **ROMA** by Night

Includes driver escort and 9-seater van. (Entrance tickets and lunch not included.)

The retreat price is **\$950** per student per week (max. 12) for accommodations in shared bedrooms (2 or 3 per room) in either of the two buildings.

The price per student includes:

- Use of all facilities
- Full board: 3 healthy meals per day (with the exception of one evening meal as we go out to a local restaurant for one meal)
- Some wine at dinner
- All linens and bath towels (not swimming towels)
- Yoga mats, cushions, belts and some other props
- Mountain bikes
- One tour of choice (see above)
- Group airport transportation

Not included:

- Flights to Italy
(Contact: Mirvan Travel (305) 225-2663)
- Excursions and activities outside of the house and grounds**
- Massage and other therapies

All participants must be fully insured.

Payment (check):

Payment of \$500 due *April 1, 2004* (non-refundable).
The remaining \$450 is due *May 10, 2004*.

We are not able to make any refunds after that time.

Checks payable to:
Monica Paredes
1319 View Top
San Antonio, TX 78258