

# Journey of Discovery: Tuscan Yoga and Meditation Retreat

with Halli Bourne and Marisa Wolfe



October 6-13, 2012

at Gabriella's Borgo di Tignano  
near Volterra, Italy

## STUDENT INFORMATION AND REGISTRATION FORM

7 nights and 8 days to let go into the magic of the present moment with compassionate yoga, mindful meditation, new friends and new adventures in the historic and natural beauty of Tuscany.

What's included in your retreat:

- Airport transfers from Florence or Galileo Pisa airport.\*
- 7 nights accommodation in single or double room at Gabriella's 4-star villa
- Gourmet vegetarian meals at Gabriella's, including wines. Note that lunch is not provided during excursions.
- Twice daily yoga/meditation/pranayama classes.
- One full day excursion to Volterra, one full day excursion to San Gimignano or Siena, one full day excursion to the beach, and one half day excursion to the hot springs. Excursions subject to change based on student interest, weather, etc.

Cost: \$2495 per person in a double room or \$2995 in a single room.

**\*\*Early bird rates through May 30, 2011 – Double room \$2295 per person. Single room \$2795.**

Airfare is not included.

Deposit: \$400, due at time of reservation. Balance due by August 6, 2012.

Checks and money orders are accepted. Please make all payment to Yoga del Sol.

Sorry, we cannot take credit cards.

Cancellation policy: Your \$400 deposit is non-refundable should you cancel your reservation. Whatever funds you have paid, minus your deposit, are fully refundable up to 60 days prior to the retreat. We cannot refund any monies after August 6, 2012; however, you may transfer your spot to another, unregistered individual, with approval from the program directors.

For insurance options, please contact Elena at [elena@culturalitaly.com](mailto:elena@culturalitaly.com).

### \*Airport transfers

Airport transfers are offered to and from the airport. All participants should arrive at the airport between 10am and 2pm to take advantage of the included transfer. Please keep this in mind when reserving your flight. If you choose to arrive at another day or time, you will be responsible for making your own arrangements to arrive at Gabriella's.

Arrangements are made through

Cultural Italy, LLC

3245 University Ave #1, Suite 350

San Diego, CA 92104

1-800-380-0014/619-822-2913

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

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

