

Yoga Retreat Italy - Tuscany

12-19 September 2015

Indulge - Daily Yoga & Meditation Classes
Retreat - Stunning Tuscan Countryside
Restore - Warming Italian Sun
Explore - Magic, Museums & Markets of Siena
Savour - True Italian Food, Wine & Culture

Discover - Yourself



Soul Retreats

Let's TRAVEL . . .

Take a Soulful
Adventure
with
Soul Retreats

Yoga Food & Travel

Experience. . .

Quality time on the mat to
go deeper into the
amazing practice of yoga.

An escape to a hidden
sanctuary to connect
with who you really are
& what feeds your soul.

A new country through its
food & cultural highlights.

NEW TO YOGA
OR
AN EXPERIENCED YOGI?

THIS RETREAT IS SUITABLE
FOR EVERYONE

EXPLORE, DREAM,
DISCOVER

Bringing you the best of both:

Yoga Retreat
&
Yoga Holiday

Explore the beauty of Tuscany.
Retreat with Yoga & Meditation.
Nourish your Body, Mind & Soul.



Soul Retreats

with
Laura Green Yoga

www.soulretreats.co.uk

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laura@lauragreenyoga.co.uk

The Venue

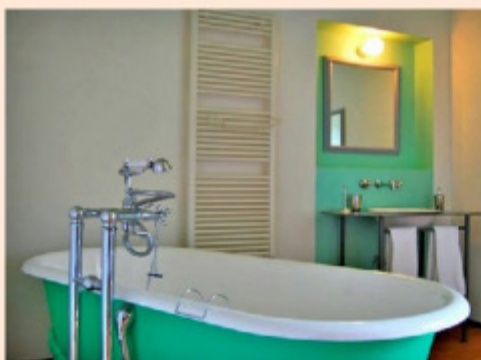
Secluded Sanctuary

Hidden in the Tuscan countryside amongst olive groves, wild woodlands and fig trees is our home for the week. Just 20 mins from the historic town of Siena and 1hr45 from Pisa Airport. Our retreat venue beautifully balances Italian style with rustic Tuscan charm creating a place of serenity and fun. Our chef for the week works magic in the kitchen and is a wonderful host ensuring a true taste of Italian hospitality.

With a variety of rooms, each with unique charm, from singles, doubles, twins and even a luxury suite for one lucky person there are plenty of options. Many stunning bathrooms with one bathroom / two people.

Stunning Swimming Pool nestled in a tranquil garden.

Plenty of space to hide away with a good book, reflect, soak up the sun & be alone, or connect with others and make new friends.



The Yoga

With Yoga Teacher &
Founder of Soul Retreats

– Laura Fisher –

Dynamic Morning Vinyasa
Yoga Classes

Rejuvenating & Relaxing
Evening Classes

Meditation, Pranayama & Yoga Nidra

Posture Clinics – Time
for breakthroughs

Philosophy - Living Your Yoga

One on One Time with Laura

The Package

ALL INCLUSIVE
(EXCEPT
FLIGHTS)

from
£810
per person
plus flights

7 Nights in a Twin/Double/Single Room
Sharing 1 Bathroom between 2 people
Full Board: Breakfast, Lunch, Dinner
Traditional Italian Cuisine
Local Chianti Wine at Dinner
Airport Transfers from Pisa Airport
Yoga, Cooking Class, Wine Tasting
Trip to Siena

Room Options:

£810 / person sharing twin

£910 / person single room

(sharing bathrom with 1 other)

£1010 / Luxury Suite for 1 lucky person

True Taste of Italy

Food Wine & Culture

La Dulca Vita – the Italian promise of a Sweet Life is what this retreat is all about. We balance relaxing days in our countryside retreat with Tuscan Adventures as we explore Italy like a local.

Included Activities



Day Trip to Siena

After a 3km walk, we catch the public bus and interact with the locals for a 20min drive through picturesque landscapes to the historic town of Siena. After a tour around the famous food markets, the fabulous shops and a visit to the stunning Duomo you'll fall in love with the amazing town. Lunch isn't included this day, so you can pick whatever you fancy.

Our amazing Chef invites you to join her in the professional kitchen to learn about the culture and creation of some Italian Classics such as Tiramisu and Ravioli

Italian Cookery Class/Demo



Wine Tasting



A wine maker and connoisseur from a local vineyard will visit us for an introduction to the famous Chianti Wines.