



6 Days Yoga ReTreat in Tuscany
Oct 8th/Oct 14th 2017

Your Stay



Our **Yoga Retreat** will take place in this beautiful **5 bedroom villa with heated pool** located in the Val d'Ambra region, in the heart of Chianti. This villa is the perfect place to enhance your yoga practice, relaxing and rediscovering the pleasures of being in touch with nature, authentic Italian food and Tuscany. All the bedrooms are charming, comfortable and luxurious featuring ensuite bathrooms with showers. They are all furnished with antiques, climate control, featuring top quality bed linens, towels, bathrobe, and a pool towel. **The property sits at the foot of the Chianti hills, nearby a small medieval village, in an enchanting Tuscan landscape surrounded by vineyards, olive groves and oak woods.** The splendid house has been carefully restored and tastefully furnished. On the ground floor there is a large living room with fireplace, a kitchen and large dining area. Wi-Fi inside and outside and high-speed HDSL is also available.

The Pool



The pool at the villa is where we practice at least one yoga session a day and where we spend most of the chilling time relaxing, meditating or reading a book.

Travel Help - Best flight options are into Florence or Pisa airport. From both airports you can catch busses or train for Florence Santa Maria Novella train station where you will find connections to the Bucine train station. Free pick up & delivery from Pisa airport will be provided on arrival and departure day only.

What's Included

- Transfer from Pisa airport on arrival and departure day.
- Your weekly stay at the Villa - from Sunday Oct 8th to Saturday Oct 14th 2017 in double or single occupancy - Max number for this retreat is 8 guests
- Welcome drinks & all meals (brunch and dinners) - a delicious discovery of Seasonal Vegetarian & Mediterranean cuisine
- Daily morning Ashtanga Vinyasa classes (60 minutes) & Evening Yin Yoga (75 to 90 minutes)
- Teas, fresh fruits and juices throughout the day
- One 30 minutes massage
- Daily Tour to Montepulciano
- Guided hiking tour
- Dinner at the local restaurant for Tuscan Treats!
- Wine tasting session follow by Good-by dinner
- Use of the sauna
- All applicable taxes



Your Yoga Teacher: Tina Sakko



Tina is originally from Germany, but she now lives in Melkbosstrand, South Africa, where she regularly teaches yoga in her lovely, welcoming and sunny home studio! Sport has always been her biggest passion in life ever since she learned to walk. After a ten year love affair with gymnastics and dancing she decided to make her passion a career and got a master's degree in sports science. During her studies she had to practice almost every kind of sport one can think of and enjoyed experiencing and experimenting in and on water, snow, the air, tied to ropes high up in the mountains and the list goes on. After she studies and four years of freelance work with adidas, life has lead her into the desert of Angola, where she lived for three years. And all of a sudden, all her toys and tools, which she loved so much were gone. And this is when she discovered her love for Yoga. She started by practicing with videos by herself. Every time she visited Cape Town she would go to my Yoga studio as often as she could and take everything she had learned there with me back into the desert, where she would practice by herself by the sea or on the plateau of a mountain behind her house. In 2014 she decided that it was time to go back into civilization and take her interest in yoga to the next level. So she enrolled in a Teacher Training program and qualified as a Yoga Life certified Vinyasa Yoga Teacher.

She practice Vinyasa Flow as well as Power Yoga, though you will find elements of other styles in her classes as well. Given her background in gymnastics and dancing you will certainly find some surprising elements here and there in one of her sessions. She is always happy to assist and correct and be able to work with your special needs and create a workout which suits your body type and level of experience. During the retreat you will be able to have a deeper insight into specific poses or categories of poses that interest you. Tina will help you with pose alignment and modifications and can help you develop a balanced home practice.

Schedule

Day 1 - Arrival Day - Sunday Oct 8th

Arrive at the villa at 3.00 pm - welcome & get comfy in your room

5.00 pm - Opening the Circle & Yin Yoga (75/90 minutes)

8.00 pm - Dinner

Day 2 - Monday

7.30 am - Coffee or Tea

8.00 am - Ashtanga Vinyasa Class (60 minutes) - **MAYBE INSIDE**

9.30 am/11.00 am - Brunch

12.00 pm/4.00 pm - massages and relax by the pool

6.00 pm - Yin Yoga (75/90 minutes)

8.00 pm - Dinner

Day 3 - Tuesday

7.30 am - Coffee or Tea

8.00 am - Ashtanga Vinyasa Class (60 minutes) - **MAYBE INSIDE**

9.30 am/11.00 am - Brunch

11.30 pm - Transfer to Montepulciano

6.00 pm - Yin Yoga (75/90 minutes)

8.00 pm - Dinner

Day 4 - Wednesday

7.30 am - Coffee or Tea

8.00 am - Ashtanga Vinyasa Class (60 minutes) - **MAYBE INSIDE**

9.30 am/11.00 am - Brunch

12.00 pm /2,30 pm - Guided hiking tour

6.00 pm - Yin Yoga (75/90 minutes)

8.00 pm - Dinner

Day 5 - Thursday

7.30 am - Coffee or Tea

8.00 am - Ashtanga Vinyasa Class (60 minutes) - **MAYBE INSIDE**

9.30/11.30 am - Brunch

3.00/5.00 pm - Yoga Workshop

6.00 pm - Yin Yoga (75/90 minutes)

8.00 pm - Dinner at at the local restaurant

Day 6 - Friday

7.30 am - Coffee or Tea

8.00 am - Ashtanga Vinyasa Class (60 minutes) - **MAYBE INSIDE**

9.30/11.30 am - Brunch

3.30 pm - Yin Yoga (75/90 minutes) & Closing the circle

6.00 pm - Wine Tasting

7.30 pm - Good Bye Dinner

Day 7 - Departure Day - Saturday Oct 14th

7.30 am - Buffet Breakfast

10.00 am - Transfer to Pisa Airport

Your Host: Carolina Casini

Your host Carolina Casini is the founder and co-owner of TuscanDream. In the very early days of the company's existence she was involved in scouting the best villas throughout Tuscany. Between 2003 and 2016 she has been planning destination weddings for foreign couples getting married in Tuscany.

After practicing yoga for more than 7 years watching videos as well as taking classes during her travels to Cape Town, Los Angeles and Fuerte Ventura, she decided to make time for a yoga teacher training course.

The love for the practice of Yoga tied with her event planning expertise and the knowledge of her home land evolved naturally in start planning Yoga retreats in Tuscany for foreign travelers. The focus of her retreats is not only the practice of yoga, but also traveling and discovering Tuscany through hiking, meditation, wellness and authentic tuscan food and wine.

She can assist you with every aspect of your travel as well as special food requirements together with her assistant Molly, a mix breed Maremman Sheep Dog/Labrador.











Details & Pricing

Oct 8th-Oct 14th 2017

- Weekly stay in double occupancy - 2350 euros
- Weekly stay in single occupancy - 2900 euros

Max number for this retreat is 8 guests