



Tuscan Villa Yoga Retreat  
May 27th/June 3rd 2017

# Your Stay



Situated in the Ambra valley in the Chianti region this 5 bedroom villa with heated pool is the perfect place to enhance your yoga practice, relaxing and rediscovering the pleasures of being in touch with nature.

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.



# What's Included

- Your weekly stay at the Villa - from Saturday May 27th to Saturday June 3rd 2017 in double or single occupancy.
- Welcome drinks & all meals (brunch and dinners) - a delicious discovery of Seasonal Vegetarian & Mediterranean cuisine
- Daily morning Power Vinyasa or Ashtanga Vinyasa classes (60 minutes) & Evening Yin Yoga (75 to 90 minutes)
- One 30 minutes massage
- Teas, fresh fruits and juices throughout the day
- One wine tasting experience
- Use of the jacuzzi
- All applicable taxes



# Your Yoga Teacher: Tina Sakko



# About Tina

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 and Power 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.

During the weekly retreat Tina is also available for private yoga classes that you can sign it for to deepen your experience.

# Weekly Schedule

## **Day 1 - Arrival Day - Saturday**

Arrive at the villa after 2.00 pm & Get comfy in your room

5.00 pm - Open the Circle

6.00 pm - Yin Yoga (75/90 minutes)

8.00 pm - Dinner

## **Day 2 - Sunday**

8.30 am - Coffee or Tea

9.00 am - Ashtanga Vinyasa or Power Vinyasa Class (60 minutes)

10.30/12.00 - Brunch

2.00 pm - 30 minutes massages and relax by the pool

6.00 pm - Yin Yoga (75/90 minutes)

8.00 pm - Dinner

## **Day 3/4/5/6 - Monday through Friday**

8.30 am - Coffee or Tea

9.00 am - Ashtanga Vinyasa or Power Vinyasa Class (60 minutes)

10.30/12.00 - Brunch

1.00 pm/5.30 pm - afternoon activity of your choice

6.00 pm - Yin Yoga (75/90 minutes)

8.00 pm - Dinner

## **Day 7 - Departure Day - Saturday**

9.00 - Buffet Breakfast

11.00 - Check out



# Details & Pricing

May 27th-June 3rd 2017

- Weekly stay in double occupancy - 1295 euros
- Weekly stay in single occupancy - 1728 euros

Max number for this retreat is 8 guests

**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 from Bucine train station will be provided.



# Additional Packages

## **Monday through Friday activities:**

### **Yoga Full Blast - 150 euro**

- 5 private lessons with Tina

### **Outdoor - min 3 participants - 190 euro**

- 4 hours of daily hiking with professional guide

### **Relax at the villa - 420 euro**

- 50 minutes massage at your villa every day to be chosen from Anti Jet Lag massage, Total Body with Tuscan Essential Oils, Chianti Massage with Grape Seed Oil, Relax and Hydrating Massage with Extra Virgin Olive Oil, Shiatsu, Relax & Anti-stress.

### **Wellness Package - daily spa and massages - 550 euro**

- Daily entrance at the local spa follow by one hour massage or treatment of your choice - Myofascial, Holystic Manual Lynphatic Drainage, Thermal Relax Massage, Relaxing Aromabody Spa Treatment, California Massage, Deep Connective Tissue Massage, Regenerative Thermal Mud Body Treatment, Body Firming Clay Mud Mask. dc

### **Food & Wine Package - min 3 participants - 260 euro per person**

- one cooking class at the villa, one additional wine tasting at a local winery with visit of the cellar and dinner out at top local restaurant

\*Sunday will be relaxing day at the villa to enjoy the complementary 30 minutes massage and all the packages will take place from Monday through Friday.

