

ABOUT YOUR GUIDES

Your trip will be lovingly led by a team who share in common a love of Italian culture, great food, wine and nature. Allow us to take care of every detail!

ABOUT SILVIA MORDINI



Your Yoga will be taught by Silvia Mordini whose loving [Anusara-inspired Vinyasa Flow](#) teaching style is influenced by more than 10 years of Hatha yoga study. She studies primarily under Shiva Rea. With over 7,500 hours of yoga teaching experience, as a nationally recognized Experienced Yoga Teacher with Yoga Alliance (E-RYT) she owns and teaches at Total Body Yoga, a 3,900 square foot Chica-goland yoga center with over 200 monthly classes and countless weekly workshops as well as for a fifth year teaching a Nationally accredited Yoga Teacher Training Program. Silvia's dedication to her students makes her classes upbeat and fun, serious and informative, supportive and authentic. She brings inspiration enthusiasm and playfulness into practice through flowing sequencing and a delightful

combination of yoga philosophy and healthy physical alignment. When her students leave class, they have been inspired to be good to themselves and thereby kinder to others. Silvia's family comes from Northern Italy so this trip is truly special to her!

ABOUT JACOB YOUNG

Jacob is an avid cyclist, runner, and lover of all things outdoors, involving people. With over 10 years of guiding experience, beginning on Mt. Rainier, he has broadened his horizons by transitioning to guiding cycling trips around the world. He has been living in, and exploring the Olympic & Cascade mountain ranges of the Pacific Northwest for the past 11 years, and can often be found cycling, trail running, hiking and skiing in the greater Seattle area when not practicing yoga indoors. Jacob



is a Certified Carmichael Training Systems coach and is CPR/First Aid certified, but his real experience comes from his passion for showing people new places and exploring along with them. Having lived for years in Italy he delights in helping others discover the ancient beauty and serenity of this special place.

total body yoga

total freedom - total balance - total joy

\$100 Off by April 1st!



TUSCANY 2010 YOGA & CULTURAL RETREAT JUNE 20-26, 2010

**THE SPIRITUAL ADVENTURE
OF A LIFETIME!**

210 Terrace Drive

Mundelein, IL 60060

Phone: 847-772 YOGA (9642)

Email:

retreats@totalbodyyoga.com

ABOUT THIS ADVENTURE

Join Total Body Yoga Travel Adventure Team to Tuscany Italy! Explore the dimensions of your yoga practice while exploring the rich Italian culture by biking, hiking and walking tours. Jointly led by Vinyasa Flow Yoga teacher Silvia Mordini and International Travel Guide Jacob Young, this spiritual and cultural gem is found in the heart of the Tuscan food and wine country, traveling to many local wineries from there. Stay at an 800 year old Tuscan Farmhouse nestled into the hills and experience a retreat like no other!

Explore Mind/Body Balance!

Two vinyasa classes and/or hiking and cycling offered daily to bring you back to your center.

Explore Rich Italian Culture!

Excursions include visiting art cities like Volterra, Montalcino, and Siena along with a trip to the natural hot springs of Rapolano, private wine tastings and Tuscan cooking class.

Explore the Tuscan Countryside!

Experience amazing hilltop panoramas and the beauty of sunlight that has inspired painters throughout time, stand and cheer at the rising of the moon.

Special Cultural Programs:

Day 1, June 20, 2010: Arrivals, Farm Hike, Yoga, Welcome Celebration!

Day 2, June 21, 2010:

Monteriggioni & Siena

Day 3, June 22, 2010: San Gimignano & Chianti Trip to Radda (tour, wine tasting)

Day 4, June 23, 2010: Rapolano Hot Springs & Wine Tasting Castelnuovo Berardenga

Day 5, June 24, 2010: Volterra & Tuscan cooking class

Day 6, June 25, 2010: Montalcino & Wine Tour

Day 7, June 26: Departures



Accommodations: We will be guests at an 800 year old classic Tuscan farmhouse converted into a stylish yoga retreat. Looking out one of the many windows of the different accommodations in Ebbio, you will be captivated by the undulating hills swept with thriving vineyards, olive trees and enchanting evergreen forests. The amazing part of Ebbio is that it is still a working organic Tuscan Farm with its own Chianti wine production and uses only garden-fresh produce to create exquisite fine food for our meals.



TUSCANY DAILY AGENDA

8:00am – 9:30am Vinyasa Flow Yoga
9:30am – 10:30am Breakfast
10:30am – 12:30pm Daytime Excursion
12:30pm – 1:30pm Lunch
1:30pm – 5:30pm Afternoon Excursion
5:30pm – 7:00pm Vinyasa Flow Yoga
7:30pm – 11pm Dinner, Group Fun



RESERVATIONS 847-772-9642



You can pay with check, direct bank deposit, or credit card or Paypal on line but we most prefer checks. Please send checks to Total Body Yoga Retreats, 210 Terrace Drive, Mundelein, IL 60061. Contact retreats@totalbodyyoga.com or call us.

PAYMENT POLICIES:

Early-bird discount: \$100 OFF before April 1st!
Deposit: A \$500 dollar deposit will reserve your space. Balance must be received by May 20th, 30 days prior to retreat.

COST: \$1950 ALL INCLUSIVE (except airfare)

Name _____

Phone _____

Card Number _____

Signature _____

Method of Payment Cash Check
 Charge: Visa or MC

