



A JOURNEY BACK TO MOTHER EARTH

From the 1st to the 5th of June 2019 at Agriturismo Fattoria Casa Sola for a Yoga Experience guided by an expert teacher and to dive in the beauty of the Chianti nature. This package includes several accomodation in cozy apartments, organic and appetizing meals, yoga lessons, wine tasting of our Chianti Classico and Extra Virgin Olive Oil, tour of the cellars, swimming in the pool of the Farm.

Day 1

Morning: arrival
 Afternoon: welcoming, presentations, and introduction
 17:30 Hatha or Vinyasa yoga session
 19:00 Dinner
 Free evening or optional kirtan

Day 2

8:00 Silent morning meditative walk
 9:00 Hatha or Vinyasa yoga session
 10:30 Breakfast
 Wine tasting
 13:00 Lunch
 17:30 Hatha or Vinyasa yoga session and meditation
 19:00 Dinner
 20:00 Yoga philosophy and kirtan

Day 3

8:00 Silent morning meditative walk
 9:00 Hatha or Vinyasa yoga session
 10:30 Breakfast
 Free Time

Day 4

8:00 Silent morning meditative walk
 9:00 Hatha or Vinyasa yoga session
 10:30 Breakfast
 12:00 Visit to Castellina and surrounding (by own car)
 13:00 Lunch in Castellina (not included)
 17:30 Hatha or Vinyasa yoga session
 19:00 Dinner
 20:00 Kirtan or sharing circle

Day 5

8:00 Silent morning meditative walk
 9:00 Closing circle: mandala creation and group meditation
 10:30 Brunch
 Departure

Isadora is a certified Yoga Alliance instructor born and raised in Chianti. She has been doing yoga since the age of 15 and she started teaching in 2016. She teaches Hatha, Vinyasa, and Yin yoga classes. She is trained and has work experience in prenatal yoga, yoga for kids and accessible yoga.

She adores languages, traveling and she holds community online chair yoga classes. She lived in England, Turkey, and Kenya and speaks English, Spanish, Turkish and Italian. She will lead you into a gentle and yet energizing yoga practice, working on releasing stress.

Prices

<i>1 person in double room in shared apartment (by max 4 people)</i>	<i>euro 485,00</i>
<i>1 person in double room in apartment for 2 people</i>	<i>euro 525,00</i>
<i>1 person in single room in shared apartment (3 persone max)</i>	<i>euro 645,00</i>
<i>1 person in privat apartment</i>	<i>euro 785,00</i>



CASA SOLA