

# IYENGAR YOGA WORKSHOP

## Intermediate level

**RAPOLANO TERME, TUSCANY**  
**17 JUNE- 24 JUNE 2012**

with

**PATRICIA WALDEN and GABRIELLA GIUBILARO**

**GABRIELLA GIUBILARO** a long-time student of B.K.S. and Geeta Iyengar. She started her studies of Iyengar yoga in 1973 with Dona Holeman. Since 1981 she has returned to Pune to study directly with the Iyengars. She is well known for her simple, direct and dynamic teaching style and her humor.

**Patricia Walden**, a Senior Iyengar Yoga Teacher, has studied since 1976 with B.K.S. Iyengar. She is well known in the yoga community. She teaches in the USA and abroad yoga asana and pranayama as methods to explore the nature of self. In 1985 she opened the B.K.S. Iyengar Yoga Center of Sommerville, Mass.

**LESSONS:** Every day classes of asana and pranayama.

The workshop is open only to students who can do Sirsasana without the help of the wall, and who can push up to Urdhva Dhanurasana from the floor independently.

**THE RETREAT** takes place at a farmhouse called "Azienda Agricola Montauto" near Rapolano Terme. Rapolano Terme is a town located in Tuscany, Italy between Siena and Perugia. [www.montauto.it](http://www.montauto.it)  
The yoga room is one of the many buildings on the property which has been restored with wooden floors and a view facing the surrounding hills. Food is prepared by our vegetarian chef who puts together nutritionally complete and delicious meals which are thoughtful and appropriate to the yoga practice.

**PLEASE be sure to bring your own yoga mat. All other props will be provided.**

**ARRIVAL** Sunday June 17<sup>th</sup> afternoon  
**CLASSES** The first lesson begins June 18<sup>th</sup> at 7.30 pm  
**DEPARTURE** Sunday June 24<sup>th</sup> morning

**TRANSPORTATION:** A shuttle bus will be provided to and from Rapolano Terme. It will depart Sunday the 17<sup>th</sup> at 1:00 pm from "Istituto Iyengar Yoga Firenze", Via San Gervasio 18, Florence and will depart from Rapolano July 24<sup>th</sup> at 9:00 am. The cost is 35,00 euro each way and is non-refundable. The shuttle must be reserved at the time of registration. For those who will not be staying at Montauto, a car will be necessary to travel to and from the retreat site.

**PRICE:** 920 euro. Cost includes the lessons and 3 meals a day, it does not include accommodations.

**RESERVATION:** The number of reservations is limited and operates as first come, first serve. Reservations are confirmed only after payment of deposit of € 300. To reserve your place you can call (39) 055 582821 or send an e-mail to: [info@yogawisdomitalia.it](mailto:info@yogawisdomitalia.it)

In case of a cancellation before May 1st, you will be reimbursed the amount of your deposit minus € 100. After May 1<sup>st</sup>, there will be no reimbursement.

**LODGING:** Lodging is a separate cost. Different types of accommodations are available below. You are responsible for reserving your own accommodations.

1) **In the rustic farmhouse** at the retreat site there are limited beds available. There are no private rooms or baths. Booking is first come, first serve. Rooms may only be reserved via email and with confirmation of full payment. Accommodation cost: € 300

2) **Camping** is available near the main house with its own facilities. Space is limited. Accommodation cost: € 125

3) **Recommended Accomodation List:**

- *Hotel Due Mari*; Località Bagni Freddi, 53040 Rapolano Terme (SI), tel: +39 0577 724 070, fax: 0577 725 414; website [www.hotel2mari.it](http://www.hotel2mari.it) ; email: [hotelduemari@tin.it](mailto:hotelduemari@tin.it) . Three star, very pleasant, swimming pool (not thermal), less than 10 minutes by car to the retreat site.
- *Podere La Casina* Strada della Bandita 199 – Rigomagno – Sinalunga tel: +39 0577 663010 – 347 8178345 – 335 7732118 Michela. e-mail: [info@poderelacasina.com](mailto:info@poderelacasina.com) – [www.poderelacasina.com](http://www.poderelacasina.com) Five minutes from the site, charming renovated countryhouse.
- *Villa ai Boschi*, fraz. San Gimignano - Rapolano Terme, tel: +39 0577 704394, [www.villadeiboschi.com](http://www.villadeiboschi.com) Charming countryhouse
- *Villa Buoninsegna*: Rapolano Terme, tel/fax: +39 0577 724 380 - [www.buoninsegna.it](http://www.buoninsegna.it) ; Ten minutes from the site, charming newly renovated farmhouse with swimming pool (not thermal). One double bed per room whether for single or couple. Price does not include breakfast.
- *Castello di Modanella*: Serre di Rapolano (Si), tel: +39 0577 704604, fax: +39 0577704740, website: [www.modanella.com](http://www.modanella.com) , e-mail: [info@modanella.com](mailto:info@modanella.com)

**Payment of deposit for this seminar must be made to the following account:**

**YOGA WISDOM ITALIA**

**BANK: BNL (Banca Nazionale del Lavoro), Agency 12**

**address VIALE DEI MILLE 62, FIRENZE 50131 Italia**

**IBAN: IT 20P010050281500000000493**

**Swift/bic BNLIITRR**

Attention: It is very important to specify carefully:

- First and Last name

- Reason for the deposit “**YOGA SEMINAR June 2012**”. Please send via fax (39) 055 582821 the receipt of payment for confirmation. The remaining balance can be paid at the time of the seminar.