



Relax and renew in Tuscany

Reawaken your senses



Mindfulness Retreat in Tuscany

May 31- June 7, 2008

Reawaken your senses in the beautiful countryside of Tuscany while enjoying the sensual pleasures of Italy. From experiencing the delicious food made from fresh, local ingredients, wine from vineyards and vines that are centuries old, olive oil made proudly by small family farms, to the rolling hills, winding lanes and kind people, you will rediscover how to savor the small pleasures in life.

We will greet each day with yoga and group meditation. The yoga sessions are suitable for beginners through intermediate yoga students. Throughout the week you will learn the practice of "Transformation Meditation". This is mantra meditation which incorporates a mindfulness component. You will begin meditating during the first session and deepen your practice throughout the week. This combination of yoga and meditation will allow a deep connection to one's inner being. We will also spend time focusing on breath and several breathing techniques to create energy and control anxiety.

We will stay in a magnificent villa complex named "Il Borghino". It is a group of 3 villas that have been restored with modern conveniences while keeping the spirit of their original construction. To be within the same walls where past generations enjoyed and farmed the land creates an aura beyond compare.



Borghino is nestled in the verdant hills of Tuscany, between olive groves and vineyards, and only 5 kilometers from the historic walled town of Lucca. Lucca is centrally located between Pisa, Florence and the beachside towns of Viareggio and Forte dei Marmi allowing for fabulous day trips.

Guests staying at “Il Borghino” can make use of the large communal area named “L’Olivo”, which includes a ☐ swimming pool overlooking the town of Lucca, a yoga studio and a large kitchen. We will enjoy gathering in this area, where we will have the use of a wood oven with barbecue, and an outdoor dining area with a panoramic view of the gorgeous countryside.

This package is designed to allow plenty of time for independent excursions while enjoying the benefits of yoga and meditation. We can help with suggestions for itineraries, special local events and places of interest off of the typical tourist paths. Because we will be located in such proximity to many interesting sites, short day trips are quite feasible and much more relaxing than longer, more intense excursions. In fact, it is highly recommended that if you plan any serious sight-seeing while in Europe, to do this prior to the retreat. This will allow you to more fully relax and enjoy your experience at il Borghino.

We will have two planned dinners together. The first dinner will be to welcome you to your beautiful surroundings. It will be prepared for you by Patrizia, to enjoy as you unwind from your journey. The second will be at Fabbrica di San Martino, a gorgeous vineyard just minutes away from il Borghino. These meals will allow us to experience the unique combination of simple preparation and intense flavors that give the northern Italian cuisine its world-renowned reputation. It is through the interaction with the people of the area that we are able to appreciate, and learn to savor in true Italian fashion, the delicious tastes, aromas, and gorgeous vistas of Italy.

Our goal is to help you to reconnect with the true essence of your being. Through your meditation and yoga practice you will develop focus and serenity. By surrounding yourself with the natural beauty, sensuality and ancient spirituality of Italy, you will once again remember the power of being in the present and experiencing life's moments fully.



The details

Arrival should be scheduled for Saturday, May 31st. Florence and Pisa are the closest airports, but trains run regularly from Rome and Milan into Lucca. Rental cars are available at the airports and in the town of Lucca. In addition to the airports, cabs are available at the Lucca train station and Borghino is just fifteen minutes away. Because there are many interesting local sights within an hour's drive, a car does come in handy, but driving in the hills requires some bravery and a good co-pilot. Trains will easily take you to these destinations as well, and drivers can be arranged for transportation from Borghino to the Lucca or Pisa train stations.

The price for the week is \$1850 per person. This includes your accommodations, meditation instruction and twice daily group practice, morning yoga, and two dinners with wine. Each villa is equipped with a kitchen which is yours to use during your stay. Ingredients for continental breakfasts will be provided in each kitchen. Most of the bedrooms are twins and have their own bath. Airfare and other transportation are not included.