

Yoga retreat in Chianti, Tuscany

APRIL 1 - 5, 2020



A journey of self-discovery through yoga in Chianti

Spring yoga retreat in the heart of Tuscany, the wonderful area of Chianti in Tuscany, immersing yourself in yoga practice and peaceful nature.

When? Wednesday 1 April – Sunday 5 April

Price: 635 euros

What's included?

- 4 nights accommodation* in a luxury villa
- 7 yoga classes (starting Wednesday evening and ending Sunday morning)
- 4 breakfasts and 3 dinners (vegetarian local cuisine)

How to get there: nearest airports are Florence (45 mins by car) and Pisa (1 hour 25 mins by car), and nearest village is Greve in Chianti.

How to book: Send an email to hygia.yoga@gmail.com or contact Kristina on +32 497 105 784.

* based on two people sharing - additional cost for single room applies (depending on availability)





The retreat location: Villa Caprolo, Chianti region

A beautiful 17th century villa with modern comforts and the timelessness of a classical villa, overlooking the charming Chianti town of Greve. Located in the heart of the Chianti countryside, full of vineyards, olive groves and woods. Florence and Siena are just 40 minutes away, while villages such as Panzano in Chianti, Radda in Chianti and Castellina in Chianti are all nearby.

About the retreat

An intensive 5-day Iyengar yoga workshop, open to all levels of yoga practitioners. During this workshop we will try to join our body and mind together by using the precision of postures (asanas) and focusing on different areas of our bodies. We will learn how correct alignment can help release excess baggage and lift us upwards. Growing roots, opening the chest and elongating the spine... Experience the joy of practicing yoga in beautiful surroundings; being in the heart of Tuscany, you can feel the vibe of thousands of years of art and culture, visit Romanesque landscapes and taste exceptional gastronomy.

Practical details

The retreat starts in the evening of April 1st, at 18:00 with a yoga session then dinner, and ends on April 5th, after a morning yoga session and breakfast. During the workshop, there are two daily yoga classes, (8:00 morning and 18:30 evening), except one day when there is only morning class (free afternoon to explore the area and dinner out). The morning classes are generally more dynamic, while the evening ones are more focused on restorative positions.

All levels are welcome. The retreat is limited to 12 participants.



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Kristina Assimakopoulou
is an Iyengar yoga certified teacher
based in Brussels.
She teaches in English and French.

For more information go to hygiayoga.com

