

Tuscan YOGA EXPERIENCE

FALL HARVEST • NOVEMBER 2ND - 9TH, 2016

What's more magical than the fall harvest in Tuscany, beginning each day centered and energized with your heart fully-tuned to the experience? Spend an unforgettable week exploring the Chianti region with sisters and teachers Raeanne and Natalie Wright. Experience the fall harvest in a small Tuscan town as you wander, breathe, and nourish your soul with yoga, meditation, and good company. Tuscany makes living well a time-honored art, and you will return home transformed!

ITINERARY

- Day 1**
WED 11/2
JFK—MILAN: Depart JFK's International Airport on your overnight flight to Milan. Dinner served shortly after take off. Sit back, relax and enjoy the flight!
- Day 2**
THUR 11/3
MILAN—TUSCANY: Morning arrival into Milan Airport, where we'll meet our driver. Soak in the scenic Tuscan hills as we continue our journey. We'll arrive by early afternoon at the **Villa Casagrande**, which dates back to the 14th century. Rest, unpack and get acquainted with our home for the next six nights with a brief walking orientation of Figline Valdarno; Then, ease into our yoga experience with a gentle practice designed to unwind from the long journey. Welcome dinner and drinks tonight at the Villa!
- Day 3**
FRI 11/4
VILLA CASAGRANDE: After breakfast and morning yoga, enjoy a day at leisure in the heart of Tuscany or take the optional Florence tour. Dinner on your own.
- OPTIONAL FLORENCE:** Journey to Florence by train (train tickets not included). Stroll down cobblestone lanes, through majestic squares and across ancient bridges, pausing along the way to visit **Palazzo Vecchio**, **Piazza della Signoria**, the cathedral and Giotto's bell tower, and the **Accademia** (entrance fee and reservation included). Lunch is on your own. Florence offers the largest number of historical buildings and works of art in Italy, as well as several world-class museums. Return to the Villa Casagrande early evening.
- Day 4**
SAT 11/5
FIGLINE VALDARNO: After breakfast and morning yoga, explore our small town of Figline Valdarno during the time of "harvest" for wine and olive oil. Just beyond the Villa's back gate, wander down narrow cobbled streets, visiting small shops and sampling Italian delicacies! Or, perhaps rent a bike or car, go horseback riding, or visit the Villa's sauna or jacuzzi. Dinner on your own tonight.
- Day 5**
SUN 11/6
FIGLINE VALDARNO: After breakfast and morning yoga, spend another day exploring the town, or take a train to one of many quaint Tuscan towns. Trains are frequent from the Figline Valdarno railway station (10 minute walk from Villa) and Florence is only 30 minutes away! Dinner on your own.
- Day 6**
MON 11/7
VILLA CASAGRANDE: After breakfast and morning yoga, another free day to choose your own adventure! Dinner on your own.
- Day 7**
TUE 11/8
VILLA CASAGRANDE: After breakfast, visit one of the spots still on your list before you leave, or enjoy the optional tour to **San Gimignano** with a very entertaining wine tasting. This evening, we'll gather together for one last yoga practice to seal our experience and reflect on our week's adventures. Enjoy one last dinner on your own, or gather together to raise a glass and say "Namaste" to newfound friends!
- OPTIONAL SAN GIMIGNANO:** Explore and enjoy the world-famous medieval walled city of San Gimignano, "the City of the Beautiful Towers." In the afternoon, continue along the Tuscan countryside to a superior local cellar, wine-tasting extraordinaire! Vernaccia wine, recently awarded the D.O.C.G., the highest acknowledgement and guarantee for quality in Italian oenology. Return in the evening to the Villa.
- Day 8**
THUR 11/9
FIGLINE VALDARNO — MILAN— JFK: Early morning transfer to Milan Airport for your return flight home, taking with you the memories of the best of Italy. "Arrivederci" — a nostalgic goodbye with a promise to return.

\$1,830*
PER PERSON SHARING
INCLUDES AIR FROM
JFK, TAXES & FUEL
SURCHARGES

* Air taxes & fuel surcharges included, based at time group air was originally reserved. Air taxes & fuel surcharges subject to change until group air is ticketed. All groups are ticketed at same time, and early ticketing is not permitted.

Tour Includes:

- Roundtrip air from New York's JFK airport to Italy, including departure taxes and fuel surcharges
- 6 nights at the **Villa Casagrande** in Figline Valdarno
- **Daily Yoga and Meditation classes** to complement and enhance the experience; all levels welcome
- 30-min **massage** and one complementary spa entrance (sauna, jacuzzi, and Turkish bath) at the Villa
- Welcome dinner at the Villa, wine included
- Italian buffet breakfast daily, except day of arrival
- Walking orientation tour of Figline Valdarno
- Deluxe motorcoach transport & airport transfers in Italy
- Celtic Tours flight bag and portfolio of travel documents

OPTIONAL

- Roundtrip bus transportation from Albany area to JFK
- Florence tour & entrance to **Accademia** to see "David"
- San Gimignano excursion & wine tasting at local winery

NOTE: Gratuity to the driver, tour escorts and local guides are not included.



Meet Your Guides

Raeanne Wright has been practicing yoga for 10 years and teaching since 2010. Her classes blend various styles, breathing, meditation, music and essential oils to create an immersive experience.

Having been personally transformed by yoga, she encourages self-inquiry, self-compassion, curiosity and playfulness. In addition to owning her own web design business, Raeanne currently runs **Troy Yoga** and teaches at **Heartspace Yoga**.

Natalie Wright is a mother of two boys, licensed Occupational Therapy Assistant and 3rd Degree Reiki Practitioner. A lover of travel, wine, laughter and connecting heart to heart with others, she'll be offering hands-on assists and energy work during all yoga classes. Natalie is a gifted healer who loves to make a positive difference in the lives of others.