

Join us for a unique international yoga retreat in Tuscany, Italy,  
September 15–22!

We'll stay just outside of the village of Tavarnelle Val di Pesa, at the Hotel Borgo di Cortefreda, in the heart of Tuscany. Our beautiful countryside hotel, set amongst vineyards and olive groves, features traditional charm with many cultural activities nearby. Located halfway between the Val d'Elsa and Val di Pesa, Tavarnelle is a hilltop village considered the western gateway to the Chianti region.

We'll start each day with morning yoga, and will offer a variety of additional activities to acquaint you with the character of Tuscany. We'll explore nearby towns and villages, have wine tastings, a cooking class, and learn about local traditions of the area. We'll have group day trips to Siena and Florence to discover treasures of the art world, and to the village of San Gimignano with its famous medieval towers and piazza.

We'll offer late afternoon or evening yoga each day, followed by dinner featuring local specialties and Tuscan cuisine.

You'll have time for optional activities on your own on several days: hiking, painting, shopping, exploring nearby hill towns and castles, or simply relaxing in a village café or at the hotel pool.

Lodging (including all breakfasts and most dinners) will be at the Hotel Borgo de Cortefreda: <http://www.borgodicortefreda.com/en/>

Cost: Est. \$2,350 (double occupancy); single room supplement \$400.  
(Price may fluctuate slightly due to group size and foreign currency

exchange.) Includes airport transfers by coach at designated times from the Florence airport (about 40 minutes away), 7 nights lodging with breakfasts and dinners, daily yoga classes taught by Tristan and Lisa (from Fusion Yoga), and daily group activities coordinated by experienced tour leader Kim (from Kim's LifeTours). Please note: airfare is NOT included. Travel insurance is recommended.

For more information, email [kim@fusion-yoga.com](mailto:kim@fusion-yoga.com) or [brigitte@fusion-yoga.com](mailto:brigitte@fusion-yoga.com).

Register early as group size is limited! A (non-refundable) deposit of \$300 per person is required when you register. A confirmation letter including payment schedule and full registration form will be emailed to you upon receipt of your deposit. We'll provide flight suggestions as soon as we have reached our minimum group number and know the trip is a "go." (Please wait to book your flight until then.) We will have a group transfer from the airport on arrival so you will want to arrive about the same time as the rest of the group. We'll have a group orientation meeting in August (in Eagan) so you can get to know your fellow travelers.