



“You’ve just got to go
on a Laura vacation!”

~ J.P., Cody, WY



Explore Tuscany Italy with Laura
Laura Vanderberg, eRYT
Here. Yoga for the Well Spirit

To register, call or email:
(307) 899-3147
yogictraveler@gmail.com

www.herewyoming.com

Explore
Tuscany
Aug. 31 – Sept. 7, 2013



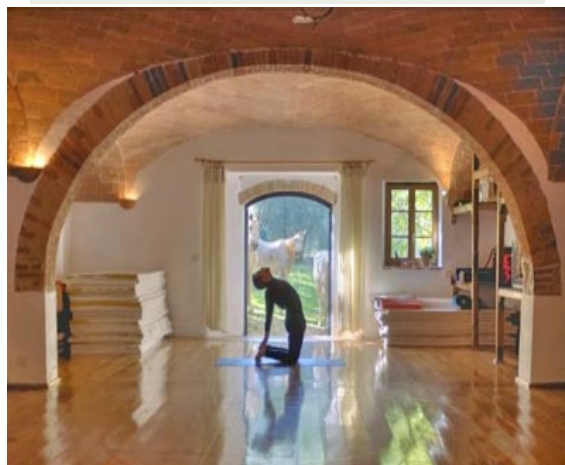


About our Trip

Spend a week exploring all that Tuscany has to offer! Lush rolling countryside dotted with vineyards, farms & forests to see on foot, horseback, by bike or in a car, walled towns & castles steeped in history to explore, amazing cuisine and wine to taste and experience. Couple that with daily yoga classes taught by Laura- it's the best of all worlds!

We'll stay at Ebbio, a 14th century farm house and working organic farm. Our rustic yet refined accommodations are situated in an ancient forested caldera with abundant recreational opportunities. Most meals are included and come freshly prepared from Ebbio's gardens. Along with daily yoga classes, we'll have plenty of time to take in our surroundings. We'll take a full day excursion to the Mediterranean coast, and several half day outings to local towns and villages to discover the culture and cuisine of Tuscany.

"Yoga vacations give you the opportunity to explore unique regions of the world, in serene accommodations, while treating yourself to first class yoga, all in the company of your skilled teacher/guide & other like-minded travelers."



Itinerary

As with all yoga vacations, weather or other circumstances may affect activities &/or scheduled times. The general flow of the day will be as follows:

- 7:30 am Yoga
- 9:30 am Breakfast
- 10:30 am Activities &/or excursions*
- 5:30 pm Asana, pranayama, meditation
- 7:00 pm Dinner

*No yoga on full day excursion

Trip includes

- Airport transfers from & to Leonardo di Vinci (Rome)
- 7 nights lodging at Ebbio
- Most meals (includes Italian wine)
When we explore Tuscany away from Ebbio, lunch will be on your own.
- Excursions to Siena, San Gimignano, Chianti or Lucca with wine tasting opportunities
- Italian cooking class & culture lecture
- Full day trip to the Mediterranean coast (lunch included)

Rates

- The following rates and conditions apply. \$500 deposit due upon registration
- Early bird pricing for registration prior to April 15, 2013 (\$2200) dbl occupancy
- After April 15, trip cost is \$2420
- Single accommodations available at additional cost
- Balance due July 1, 2013