



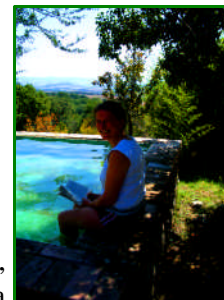
Yoga Retreat **on an Organic Farm in Tuscany, Italy**

Up in the Tuscan hills - 42 hectares of gardens, woods, fields, olive groves, and pastures provide our peaceful, protected, idyllic rural setting - perfect for our Italian Yoga Retreat this summer

Gemma and Tonino's bio-dynamic farm is up in the Tuscan Hills and off the beaten track. They farm the land themselves and produce fresh milk, cheese, honey, fruits and vegetables.

There is a beautiful and spacious yoga studio with sprung wooden floors and views of the hills and valley. Tonino's stone and wood sculptures adorn the gardens and they have built an open-air Greek theatre into the hillside. Massages are also available (payable locally).

From	To	Farmhouse Shared	Wagons Shared	Camping own tent	Stable Room Shared
Aug 5th	Aug 12th	£360 - £445	£345 & £395	£295	£350
Aug 12th	Aug 19th	£360 - £445	£345 & £395	£295	£350



Carl Hargreaves has studied yoga for over twelve years, beginning with Iyengar classes, he then went on to study intensively with the lineage of teachers taught by Vanda Scaravelli and Mary Stewart; particularly Giovanni Felicioni.

Since then he has studied other styles in-depth: Dynamic yoga with Godfrey Devereux; Sivananda yoga with Nirayni; and Viniyoga with Sylviane Gianina, who is Carl's current teacher.

This will be a retreat style holiday with both workshops and yoga classes - ideal for those of you who wish to improve and learn more, in a perfect yoga environment.



The accommodation is charming: There are spacious, cool, shared rooms in the farmhouse that open their doors to the back garden and terrace, overlooking the valley. (2/3/4 sharing) . One is en-suite.

There are also pretty, wooden railway wagons which have been converted into cosy, two roomed cabins - some single and some twins/doubles and one en-suite. There are also plenty of showers, bathrooms and toilets .

All accommodation has spectacular fairy tale views and there is a small plunge pool to cool off in.

Camping is highly recommended and costs less: There are purpose built, level camping places, supplied with electrical power points and water, shaded under timber and bamboo structures.

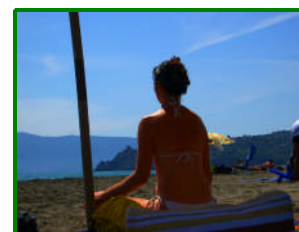
Further Afield: You are welcome to wander beyond the farm itself and there are plentiful country walks to discover. There is a riding school a little way up the lane. Scuba, sailing, climbing, tennis, cultural, arts, visits and so on can be easily arranged.

By bus or car it's half an hour to beaches, (some of which are part of national parks), stunning thermal hot springs, and picturesque Tuscan renaissance/ mediaeval villages perched on hills.

Includes: yoga, accommodation full board.

Not included: insurance, travel, transfers, child-care, excursions and meals out.

Getting here: fly to Rome, Pisa or Florence then take the onward train to Grosseto, group taxis at set times are provided from here to the farm - or you can pre-book your own taxi for 30 euros



For more information visit our website or call the office on 01273-564230

The Yoga



This promises to be a fantastic experience of yoga in a special beautiful place, this is our third year here and we promise an excellent time.

There will be yoga in the morning before it gets hot. There will also be some afternoon and evening sessions.



There will be time to introduce elements and principles of different complimentary practices drawing on Carl's experience in other disciplines and integrating simple key principles into your personal practice.

For example we might use elements of chi kung, (Chinese yoga), martial arts training (Pentjak Silat, Kalari Payatthu, Tai-chi, Kung-fu, Aikido...) authentic movement, release based contemporary dance, butoh, awareness work, meditation, self expression, improvisation, voice, song, chant, and creative writing... We can explore off the familiar map. This yoga is boundary-less.

The programmes are thoroughly planned and researched but not preconceived. We will establish a morning routine. However, the teaching is intuitive and flexible. The teaching is sensitive to the needs of the group and individuals; to the weather; our previous days experience; our plans for the rest of the day; etc... You attend as and when you want.

A day might include:

WAKING UP

Early tea and infusions, hydrating and flushing, detoxing. (A half hour) arriving in the studio for self practice, warming up, sitting, pranayama...

MAIN PRACTICE

In the morning our practice will be 2-3 hours. Gradually deepening, getting dynamic, flowing moving and holding postures. A balanced selection, then finishing postures, and pranayama (breathing).

As the principles of self practice are acquired, there will be more space to listen to the body and discover, improvise and explore them for yourself, or to rest, within the structure of this practice. During this time Carl can give individual attention. The goal is self sufficiency; for the student to become their own teacher. You are given the keys to producing unlimited practices for your future use.

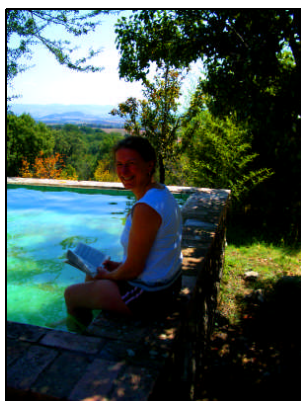
There will be pauses for people to leave, and then silence, meditation, (dharana, dhyana, samadhi...) Then perhaps questions, discussion, reading of texts and chanting.



BREAKFAST

all meals will be served on the terrace: There will be plenty of time to eat and shower, or continue self practice... Some days we will resume before lunch. On other days there will be a break for other activities, to rest, sunbathe, explore, do what you want...

Excursions will be arranged if there is interest, and yoga might well be incorporated. If there is an excursion planned or by prior arrangement there will be a more substantial brunch.



AFTER BREAKFAST

Days when we resume after breakfast would most likely be for soft, quiet practices, breathing, meditation, slow movement, awareness exercises, less energetic, supine, passive poses, relaxation, visualisation, theory, talk, silence.... This might happen around the farm, on excursions to remote spots as well as in the studio.

LUNCH

Normally there would be at least 2 hours for lunch and free time before any other activity were offered. In hot weather, a siesta is helpful.

AFTERNOON

Most days in hot weather the whole afternoon is free for a jaunt to the beach... or to chill on the farm.

EVENINGS.

Following dinner we will be able to go out, or hang out, play music in the studio, party gently, be round a campfire, dance under the stars, or ask questions, chat or withdraw and meditate etc.

There may be some calming, restful late practices

About Carl Hargreaves

Carl Hargreaves teaches the keys to creating and establishing your own practice. He has a wide understanding of yoga that he applies uniquely to each group.

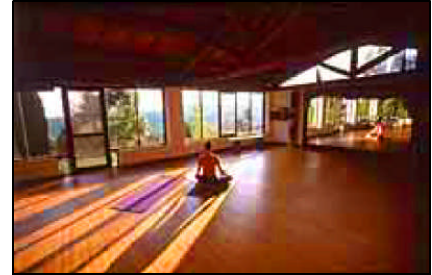
You will explore both dynamic and soft practices including some pranayama and meditation.

Carl's interpretation of Classical Yoga is unique and eclectic, it is mainly derived from the work of Krishnamacharia and his primary students: T.K.V Desikachar (Viniyoga), B.K.S. Iyengar, Pattabhi Joyce (Ashtanga Vinyasa) and from the work of Vanda Scaravelli.

He has studied yoga for over eleven years, beginning with Iyengar classes, he then went on to study intensively with the lineage of teachers taught by Vanda Scaravelli and Mary Stewart; particularly Giovanni Felicioni, who encouraged Carl to start teaching in 1998. Since then he has studied other styles in-depth: Dynamic yoga (a variant of Ashtanga Vinyasa) with Godfrey Devereux; Sivananda yoga with Nirayni; and Viniyoga with Sylviane Gianina, who is Carl's current teacher.

Carl's yoga training was built on a strong foundation of bodywork experience in professional dance, martial arts and athletic sports amounting to over ten years spent in full-time physical training. He also teaches a yoga based dance class, choreographs and makes films.

On site massage is available by arrangement.



Gemma and Tonin's biodynamic farm

Up in the Tuscan hills - 42 hectares of gardens, woods, fields, olive groves, and pastures. An idyllic, peaceful, protected, rural setting - within easy reach of beaches, historic towns, sites of special interest, top restaurants.

The environment is very conducive to yoga. The spacious studio crafted from wood with a sprung floor looks out over the valley.



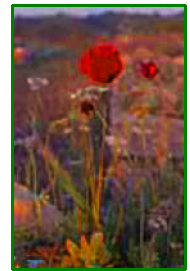
Gemma and Tonino farm the land and produce fresh milk, cheese, honey, fruits and vegetables. Tonino's wood and stone sculptures adorn the farm. They have built an open-air Greek theatre into the hillside where there are performances.

Gemma and Tonino run a theatre group called Theatro Unicornio, and invite professional directors to lead workshops. Many friends from the locality are also participants in Theatro Unicornio. The neighbourhood is community spirited, made up of lively, friendly people. All the neighbours are organic farmers too. So no pesticides etc. are used anywhere near the farm. It's all healthy and natural. People have been drawn to this special place for millennia, there's a substantial Roman / Etruscan ruin on site...

Food

The pleasures of great food eaten together is central to life here. This yoga experience refines all our senses and develops our tastes. Enjoying food whose delicious ingredients we can taste, is yoga. Yogic food, and macrobiotic principles will be introduced and Gemma uses food combining principles.

Gemma prepares tasty, simple, organic/ bio-dynamic vegetarian food, with the freshest ingredients from the farm and gardens that day. Salad for example is picked and washed just before serving. You will taste and feel the difference. You can pluck the fruit off the trees.

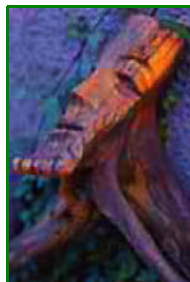


Nutritious whole natural foods are used to make mainly traditional Italian and Tuscan dishes. There are three full meals and teas, coffee and healthy snacks will be available and are included.

Gemma and Tonino's is in 'La Maremma', up in the Tuscan hills, and 3 km down a little lane.

Alternative Accommodation

For those with special requirements we can arrange alternative accommodation. Apartments, villas and hotels with swimming pools, en suite facilities, room service etc. are available at a range of prices. Please let us know if you would like us to organise this for you.



TRANSPORT

Flights are not included but can be very cheap: Fly to nearest airports Rome, Pisa, Florence. All are about 2 hours away. Florence is convenient, and is so beautiful to visit, but is more pricey.

Milan, Bologna (less well known and well worth a visit), or other portals further away are another option, if you have plenty of time for onward travel by train (which is comfortable and very cheap)

Ryanair.com advertise one way tickets (not including taxes) to Rome (29.99), and Pisa (£29) within easy reach. In reality though at the time of writing flights were available from Ryan air from £89-£159 return. Opodo.com was also very reasonable.

PUBLIC TRANSPORT

Trains in Italy are very good value, they cost less than a quarter of comparable journeys in the UK. trains run to Grosseto, the nearest town. Bus there is a bus from Grosseto to Scansano, the nearest village. We can pick you up from there.

DRIVING

Please let us know if you would like us to introduce you to others for car sharing, car hire and splitting fuel costs etc.

Scansano is the nearest village, inland from Grosseto, the nearest town. From Scansano we are about 3 km down the road to Orbetello and then about 3-4km down a track. When you book we will send a map.

CAR HIRE

Car hire is recommended. It is normally cheaper to organise it from the UK. , we can arrange this for you if you wish.

Please let us know if you would like us to introduce you to others for car sharing, car hire and splitting fuel costs etc.

TO BOOK

Please contact Free Spirit Travel

Telephone 01273-564230

Email: info@freespirituk.com

