

# Yoga and Meditation in Tuscany

WITH JANET EVANS AND JONATHAN CLARK

June 27th to July 4th 2020



## PIAN DEL COLOMBAIO

Pian del Colombaio ([www.piandelcolombaio.com](http://www.piandelcolombaio.com)) is a 300 year old farmhouse set in 5 acres of stunning Tuscan countryside in the UNESCO protected Val d'Orcia. There are three sympathetically restored apartments which open onto al fresco terraces, an ancient olive grove and a swimming pool.

Rome, Florence and Siena; hilltop towns such as Montepulciano, Montalcino and Pienza; the Tuscan coast and Monte Amiata are all within easy reach, with Pian del Colombaio as the perfect, tranquil base.

Indulge your senses, stretch your body and relax with us in an exclusive holiday for a small group of 9 maximum.



# THE HOLIDAY



*"I'm still feeling the wonderful effects of our week in Tuscany - it really was the best therapeutic holiday I've ever had" HW*

## THE YOGA

The holiday will be hosted by Angela and Jimmy McCracken. The yoga will be led by **Janet Evans**, a very experienced and popular Viniyoga teacher. She will offer two yoga sessions each day which will explore ways of deepening and supporting practice.

**Jonathan Clark**, an ordained Buddhist teacher will offer daily meditation sessions to complement the yoga practice and also guided meditation sessions in nature.

Yoga sessions will include thoughtful sequencing of asana (postures), dynamic as well as static work with careful attention to the breath. Some sessions may be more strenuous and some more relaxing and meditative. In some sessions pranayama (breathing techniques) will be explored, in others sound work may be introduced. By the end of the week you will have experienced the possibilities yoga and meditation practice can have at promoting a healthy body, a calm mind and increased emotional balance.

An individual yoga or meditation lesson will be offered to all participants who will be given a personal tailor-made practice to take away and use at home

# THE ACCOMODATION

*“Fabulous setting – everything was a feast for the senses” JC*

**Pian del Colombaio** has been exquisitely restored by its welcoming owners Jimmy and Angela McCracken. In between yoga practice there will be plenty of time to enjoy the luxury of the farmhouse or explore the stunning grounds or simply relax by the pool.

The bedrooms are based on two sharing within spacious, well equipped, 1 or 2 bedroomed apartments, designed with excellent attention to detail for your comfort and wellbeing. Limited single accommodation may be available upon request.

Deliciously healthy meals will be provided by Angela with an emphasis on local produce with all dietary requirements catered for by arrangement.

There are various excursions included, if desired, to explore the overwhelmingly beautiful and historical area. Could include:

- Trip to nearby medieval town and local market perched on a hilltop and famous for leather goods, fine wine and Pecorino cheese.
- A daytrip to the warm Mediterranean Seaside.
- Trip to local village and olive oil producer for tasting.
- A visit to a lush Monte Amiata

Massage and Aromatherapy sessions with Angela are also available throughout the week.



# THE TEACHERS



**Janet Evans** ([www.yogajanam.com](http://www.yogajanam.com)) has been practising yoga since the 1980s and teaching for nearly 25 years. She is a popular Viniyoga teacher whose work is based on the teachings of Krishnamacharya and TKV Desikachar. She was trained by Paul Harvey completing his practitioner and postgraduate training programs. She is based in South East London where she teaches groups and also on a 1-1 basis. She runs courses, workshops and retreats in the UK and abroad and continues to work with her own teacher Ranju Roy. **Jonathan Clark** has been practising meditation since 1992 and teaching meditation and Mindfulness Courses for fifteen years. He is an ordained member of the Triratna Buddhist Order.

## THE COST

The total cost for the week is **£1150**

### **This includes:**

- Accommodation in comfortable apartments
- Breakfast, refreshments and one daily meal (either lunch or dinner). Other meals will be either self-catering or out to sample superb reasonably priced local trattoria.
- All yoga and meditation sessions including a 1:1 session.
- All trips and excursions
- Transfers from/to local station of Grosseto (short journey from/to Pisa/Rome Airports).

**\*Please book morning flights on Saturday 27<sup>th</sup> and afternoon flights on Saturday 4<sup>th</sup>\***

### **Not included in the cost:**

- Flights (budget airlines as well as BA fly to Pisa and Rome from UK)
- Train fare to/from Grosseto station (about 20 euros each way)
- 2/3 meals out in local wonderful trattoria (about 20 to 30 euros) to sample delicious local food or self-catering meals (2/3).
- Extra food and drink.
- Pocket money on trips and entrance fees etc.
- Massage/Aromatherapy

A registration deposit of **£300** will be required to reserve a space. Balance of £850 due by 31<sup>st</sup> May 2020. Payment by instalments is available at no extra cost.

For further information or to book a place please contact Janet on **07721 410181**

Or email: [jevans238@hotmail.co.uk](mailto:jevans238@hotmail.co.uk)