

SEPTEMBER 12 - 19, 2015
YOGA + MEDITATION WEEK



Cynthia Boone Walley

This year we have set up a special week to experience Yoga and Meditation thru Cynthia Walley, who was born and raised in the Midwest and inherited a love of traveling and experiencing other cultures from her parents. Married for 40 years with three children and five grandchildren, Cynthia lives with her husband in Leavenworth, Kansas. Together they share a passion for sustainable gardening, organic cooking and rehabbing/remodeling.

Her first experience with Yoga was during an internship at a women's retreat house while pursuing her degree in Pastoral Ministry. Her love of Yoga grew out of her classes with Elaine Aversa who also inspired her style of teaching. Ten years ago she earned her 200CYI at KCFitnessLink School of Yoga.

Her classes begin with a time for centering and pranayama (breathing), followed by gentle stretching. Seated, standing, supine poses and inversions are the middle portion of class which then ends with a five-ten minute savasana. She is happy to offer modifications to any pose according to your needs.

We will enjoy the same trips and visits as the other retreats but menus for this week will be all vegetarian Tuscan specialties. Remember... *ANYBODY can be a yogi, because yoga is for ANY BODY.*

RESERVE YOUR PLACE TODAY.

When reserving, please let us know about food allergies or preferences.

Prices are per person per week:

\$2,000
single occupancy

\$1,800
double occupancy

For more information please call

845.462.2858

or e-mail nlturner2@aol.com

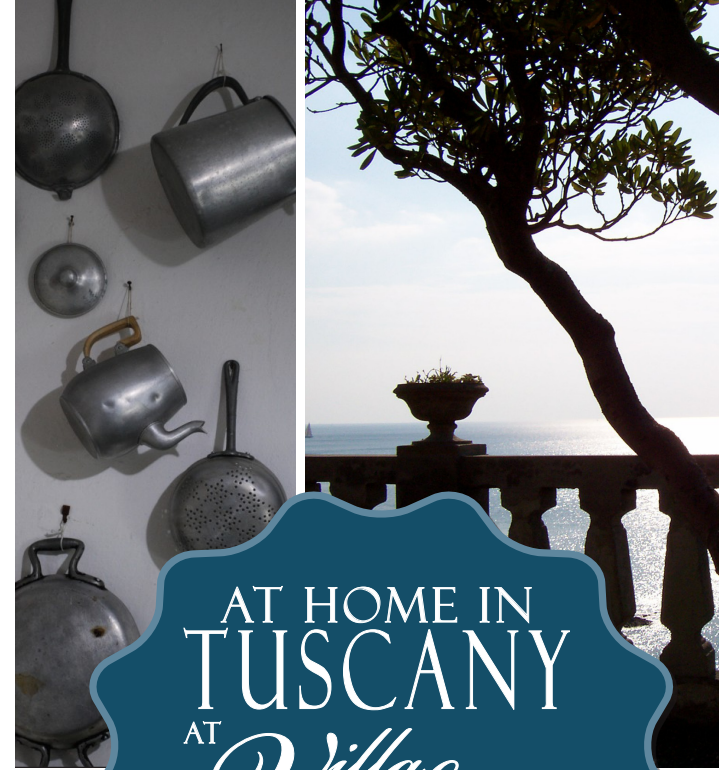
Villa Santa Lucia



Via Aurelia 1109
Castiglioncello (Livorno) Italy
villasantalucia.net



Villa Santa Lucia - Tuscany - Italy



AT HOME IN
TUSCANY
AT
Villa Santa Lucia

MAY 9 - 16, 2015

JUNE 6 - 13, 2015

SEPTEMBER 12 - 19, 2015
YOGA + MEDITATION WEEK

SEPTEMBER 26 - OCTOBER 3

Someone's in the kitchen with
Nicky...and it could be you!



Welcome!

Your Hosts: Nicky & Lindsey Turner

Born and raised in Florence, Italy, Nicky loves to cook and share deliciously simple traditional Tuscan recipes to delight her guests.

We will prepare dishes with fresh ingredients available in season at the local market and according to the group's preference.

Tuscan cooking is a passionate mix of herbs, vegetables, olive oil, and fresh bread in a palette of beautiful colors and taste, all accompanied by both white and red local wines, so...treat yourself and come experience being **at home in Tuscany!**

A small group setting of maximum 6 to 8 people allows for great flexibility to satisfy everyone's preferences.

You will receive Nicky's special Villa's Collection of recipes full of old time favorites and you can choose to cook or simply observe and taste. There will also be time for swimming in the waters of the Mediterranean Sea and maybe a kayak run, so come and relax ... you are at home with us!

Everything is included in your special visit to Tuscany, all you have to do is get your own airplane ticket.

A week at home in Tuscany...

Upon arrival at Pisa Airport or Livorno Train Station, you will be greeted personally by your hosts and transported by car to the Villa where you will be staying with the family and your new friends on one of the apartments on the property.

During the week, we will drive to **Volterra**. This ancient Etruscan city houses one of the best preserved Roman theatres in existence today and is home to the Alabaster industry (soft marble). You can see many artists at work there as well as shop and visit the local Etruscan Museum. We will then have dinner in the Cantine of a 1500 palazzo, built over and a Etruscan well and a Roman cistern. lecantinedelpalazzo.it

Time will be spent locally visiting the market to gather fresh ingredients for our many culinary experiences.

We will take short trips to nearby villages to immerse ourselves in local life, get inspiration for our culinary masterpieces and to reward ourselves with the best



A special day will be spent visiting the winery of Guado Al Melo. guadoalmelo.it

The family of Annalisa and Michele Scienza have been winemakers for generations and they specialize in Bolgheri DOC wines. Their vineyard covers about 75 acres and produces complex and elegant wines suited to the rich alluvial soil of the Mediterranean climate.

You will be shown the ways grapes were cultivated and wine was made first by the Etruscan people, then the Romans and the Greeks all the way to modern times.

They have a lovely small museum and of course you will taste their wine and be able to purchase it if you wish.

A visit will also be arranged to Frantoio Il Casone. oliosaccomani.it

Here you will taste local olive oil, locally produced cheeses and prosciutto, as well as other specialities.



“What a treasure!! A Tuscany villa secured on a seaside cliff, seasoned by Old World history and charm and flavored by hospitality reminiscent of the Old South. A most enjoyable and memorable experience.”

– Marguerite and Earl Cagle
Marietta, GA, USA



Gelato ever. Weather permitting, you will also go on a short boat ride along the Medici canals in **Livorno** and/or along the coast.

We will make a half day trip to **Pisa** to see the leaning tower and other surprises. If the group has a special request we will be only too glad to take you there!

Of course, you will learn to make your own Limoncello and all the appetizers, lunches and Tuscan dinners will be fun and easily reproduced in the States!

“Fun cooking was only a part of this Glorious Vacation. Since returning from this trip my idea of how to cook has gotten to a much higher level. Hospitality, sightseeing, and relaxation was an everyday happening. These treasures combined with the beauty of the Villa made for a wonderful experience.”

– Ann C. Noone, Stamford, CT, USA