



Our Guide and Yoga Instructor

Lucia Reardon has a 25 year history with this area and the Castello di Spannocchia. She lived in the area for over two years, and studied for a year at the University of Bologna. Her love affair with Tuscany resulted in frequent return visits to both friends and places, increasing her fluency in Italian and her knowledge of hidden natural and artistic treasures of the area. Lucia became an Italian teacher for the Penobscot School in Rockland, Maine and for private students from all over mid-coast Maine. She began leading hiking trips in Tuscany in 1998 with another tour company. Her knowledge of the area and friendship with the locals will ensure a memorable trip.

Melora Gregory with 18 years yoga experience, currently teaches yoga in different studios, private health clubs, and private classes in the greater Portland Maine area, as well as leading her own retreats to places such as Costa Rica. She continually studies with internationally renowned master yoga teachers. Melora has a contagious enthusiasm for the Iyengar and Anasura styles of yoga which she draws on to elicit the best in her students. In a skillful and gentle manner, she promotes alignment for greater freedom of movement, and breath awareness for serenity of mind. Melora is also knowledgeable regarding restorative and therapeutic poses which are used to renew and heal.



The Castle and the vineyards of the Tenuta di Spannocchia

Lucia and Melora welcome you to enjoy a week of walks and yoga, building a sense of community. Walk country trails, sip local wines, feast on foods fresh from the grounds, and sleep in the majestic setting of a rustic, organic farming estate. Experience historical and cultural treasures, meet wonderful people, relax, and nurture your inner self.
NAMASTE




Enjoy the breathtaking historical beauty of Tuscany through walks and hikes
Rediscover your spirit and your body's potential through a daily practice of yoga
All in the tranquility of an Agricultural Estate with a history going back to Medieval times.



The mission of the Spannocchia Foundation is to encourage global dialogue about sustaining cultural landscapes for future generations through the example of the Tenuta



April 30 to May 6, 2010



Walking, Yoga, and Discovery in Tuscany

The Sienese “Montagnola” is an area of undulating hills dotted with Romanesque churches, monasteries, castles, hill towns, and Etruscan tombs. It is the ideal place for the active and curious traveler to explore natural and cultural treasures while participating in both invigorating and restorative yoga classes.

A central tenet of the mission of the Spannocchia Foundation, a non profit organization, is teaching sustainable agricultural practices through the example of La Tenuta di Spannocchia. La Tenuta di Spannocchia, is a working organic farm which sits on a hilltop in the middle of 1200 wooded acres. I hope that your discovery will include understanding of the beautiful Tuscan landscape while appreciating techniques and labor that goes into working it, conserving it, and preserving its unique character. This will be our magical home base for the week.

Spannocchia’s history reaches back to the 12th century, when it was built by the wealthy banking Spannocchi family of Siena who owned it until 1920 when it was purchased by the Cinelli family.



The Villa and path to the lush gardens of Cetinale.



Castello di Spannocchia


At Spannocchia, we will stay in rustic comfort in the Villa, which is sparsely though elegantly furnished with antiques owned by the Cinelli family. Most meals will be provided at the castle consisting of seasonal and organically grown vegetables and fruit, as well as locally made wine from the vineyards visible from our accommodations.



The local performers come to Spannocchia for La Festa di Primo Maggio

A typical day will involve an early morning yoga class, a leisurely breakfast, a 3 to 6 mile walk through forests, fields, hill towns, farms, and more. A packed lunch will be enjoyed along our walk. We will return in the afternoon for a 1 and 1/2 hour yoga class. There will be time to explore the grounds of Spannocchia on your own before we all meet to enjoy a glass of wine on the veranda, watch the Tuscan sun set, and mingle with other guests. Dinner is served at 7:30, family style accompanied by the estates wine, and finally coffee that may be enjoyed back on the Veranda or in the cozy living room.

The walks, although subject to change due to the whims of mother nature, will take us to places near and dear to Lucia’s heart; charming medieval hill towns, Cistercian abbeys, Romanesque chapels, and spectacular gardens. We will walk on old logging and hunting trails, through fields of poppies, chestnut and oak forests, vineyards, and cypress lined avenues. The walks vary from easy to moderate, with some steep inclines.



Our yoga classes will be focused on a theme, where participants are welcome to work at their own level, with some challenging poses presented. The afternoon lessons will feature both invigorating and restorative poses to recuperate from our hikes, and breath awareness exercise to reflect inward. Individual physical challenges will be therapeutically addressed as they arise in order to express the pose fully.



Melora teaching a yoga class in the Sala d’Accoglienza

Registration: The program cost is 2,100 for double occupancy and 2,300 for single occupancy. This includes 6 nights of accommodations, all meals (except one lunch), snacks, scheduled transportation within Tuscany, yoga classes, and guides. It also provides a one year membership to the Spannocchia Foundation, to help further understanding of the Foundation’s mission of sustainability. A deposit of \$400 is required to reserve accommodations by January 1st, 2010. A minimum of 6 participants is necessary to run the program, and we have accommodations for up to 14, double occupancy. **For more information and to download the application please visit:** www.spannocchia.org under “Education and Enrichment programs” then “Yoga and Walking in Tuscany” and see the link (located under the title of the trip) to our information web pages and application. You may also contact Lucia Reardon at **luciareardon@hotmail.com** or by phone 207-829-4626 with any questions.