

Guide and Yoga Instructor

Lucia Reardon has a 24 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. 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.

Donna (Amitra) Davidge has been teaching Yoga in New York City since 1985. She has produced two videos and two DVDs and owns and operates Sewall House Yoga Retreat in Maine from June to October. Her background in yoga ranges from Hatha to Ashtanga to Kundalini. She works with people at all levels and ages to share with them the tools of yoga as a method for health, self-growth, and inner happiness. She has been featured on radio, television, in print as well as writing articles on Yoga. Her husband, Kent Bonham, provides soothing healing music for the yoga classes and on their DVDs. For more information on Donna and her retreats please visit

www.sewallhouse.com.



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



Lucia and Donna welcome you to enjoy a week of yoga, walks, and relaxation in the natural reserve area of the Alto Merse in Tuscany. 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 and nurture your inner self.
NAMASTE

Yoga, Exploration, and Relaxation in Tuscany

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



The Castle and the vineyards of the Tenuta di Spannocchia

October 27 to November 2, 2008

Yoga, Exploration, and Relaxation in Tuscany

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

A central tenet of the mission of the Spannocchia Foundation, a non profit organization, is sustainable agricultural practices. These practices and teaching of these practices take place at the Tenuta di Spannocchia, an organic farming estate which sits on a hilltop in the middle of 1200 wooded acres. 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 and the mysterious Romitorio.

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 organically grown vegetables and fruit, as well as locally made wine from the vineyards visible from our accommodations.



A typical day will involve a leisurely breakfast, a 3 to 5 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 two 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 short 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.



Donna teaching at Sewell House in Maine

Registration: Price for the program is \$1,980. This includes 6 nights of accommodations, most meals, snacks, transportation to and from Florence airport, yoga classes, and guides. It also provides you with a one year membership to the Spannocchia Foundation, which is necessary to be a guest of the Castello di Spannocchia. A deposit of \$385 is required to reserve accommodations by August 1, 2008. A minimum of 6 participants is necessary to run the program, and we have accommodations for up to 14, double occupancy. Singles available with a \$220 supplemental charge.

For more information and to download the application please visit: www.spannocchia.org under “Education and Enrichment programs” then “Yoga, Exploration, and Relaxation 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 in Maine at 207-829-4626.