



La Montagnola 2012

June 2-9th 2012 Pilates & Yoga Retreat with Nicole Meadors
Tour Umbria & Tuscany \$2200 for 7 days

Itinerary: Saturday June 2nd

Transfer from Leonardo da Vinci-Fiumicino Airport in Rome with Roberto our dashing Italian driver. Dinner at La Montagnola 7:30pm. Welcome to Umbria, the green heart of Italy, home to wine, olive oil, truffles, jazz, and chocolate.

Sunday June 3rd

8:30am Breakfast in the courtyard. 9:30am-11am Pilates/Yoga. 11:30am Brunch. 2pm Transfer to Assisi, the birthplace of St. Francis; a spiritual sanctuary. Visit the World Heritage Site of Basilica of San Francesco d'Assisi. Francis is known for his powerful message of non materialism and simplicity. His "slow down and smell the roses" lifestyle drew a huge following. 6-7pm Pilates/Yoga. Dinner La Montagnola 8pm.

Monday June 4th

8:30am Breakfast in the courtyard. 9:30am-11am Pilates/Yoga. 1:30pm transfer to Orvieto, Umbria's grand hill town, known for it's Duomo, Classico wine, and ceramics. Orvieto is honeycombed with Etruscan art and medieval caves. Dinner at La Montagnola 7:30pm.





La Montagnola Retreat 2012 Itinerary

Tuesday June 5th

8:30am Breakfast in the courtyard. 9:30am Deruta, a hill town in the Tiber Valley famous for ceramics (Majolica pottery). Experience market day & enjoy a light brunch. Learn to paint home-made pottery. 6-7pm Pilates/Yoga. 7:30pm dinner out in Torgiano, a little medieval town known for it's wine production, Rubesco & Torre di Giano. Dine at Siro's
(meals out not included in price)

Wednesday June 6th

8:30am Breakfast in the courtyard. 9:30am-11am Pilates/Yoga. 11:30am Brunch. Visit the picturesque towns, Bevagna and Montefalco. Tour and wine tasting at Lungarotti Vineyard. Dinner at La Montagnola 7:30pm.

Thursday June 7th

8:30am Breakfast in the courtyard. 9:30am-11am Pilates/Yoga. 11:30am Brunch. 3:30-4:30pm Pilates/Yoga class. 5:30pm Cooking class and olive oil tasting with Carmela and Vittoria at La Montagnola. Learn to make Tiramisu, Torte Testa over an open hearth and fresh pasta. Dinner at La Montagnola 7:30pm.

Friday June 8th

7:30am Breakfast. 8 to 9am Pilates/Yoga. 9:30am depart for Siena, the crown jewel of Tuscany and a UNESCO World Heritage Site. Visit magnificent buildings like Palazzo Comunale, Il Duomo, Piazza del Campo, Torre del Mangia. Lunch in Siena and return to Montagnola. 6-7pm Pilates/Yoga. 8pm farewell dinner in Bettona. (meals out not included in price)

Saturday June 9th

7:30am Breakfast. 9am depart for Rome Airport. **Airfare not included. \$500 deposit required.**