



Iyengar Yoga Retreat in Italy with Mary Reilly, CIYT

Picture yourself in the center of Umbria surrounded by the iconic rolling hills of central Italy. In April 2020, our retreat setting is a large country house, situated in the Umbrian hills overlooking the Pieve Castle. You will enjoy an excellent view of the 14th century Castle of Pieve del Vescovo, the green valley and the medieval town of Corciano.



The Yoga Workshop

Daily yoga classes will be taught by Mary Reilly, a senior certified instructor in the Iyengar tradition, who has been teaching since 1982. Mary has led several retreats internationally and at home in Northern Michigan. Yoga classes will be held in a spacious hall in the adjoining Institute for International studies.

- 7 days of yoga
- 3 meals* (vegetarian optional)
- 2 organized ½ day tours
- Wifi access
- Walking trails
- Close to Perugia, Cortona & Assisi
- Historical setting, Beautiful Art

* Meals on day trips will be the responsibility of the participants.

\$1,850 - \$2,300 per person



“Yoga is like music. The rhythm of the body, the melody of the mind, and the harmony of the soul creates the symphony of life.” – B.K.S. Iyengar

Questions?
Contact Mary Reilly at
(231) 526-5041
maryreilly36@gmail.com

The Details

Participants will fly into Rome or Florence and use a rental car to get to the Villa. An optional shuttle is available from Rome for those who do not wish to drive.

Accommodations in the 18th century residence are positioned along the long central corridor that crosses the entire country house.

The spacious rooms have a private bathroom, tile floors and wooden ceilings. Each room is decorated with "arte povera" furniture, which give a true sense of tradition and classicism.

Free internet connection is provided in the rooms. Yoga classes will be held in a spacious hall in the adjoining Institute for International studies.

Group trips will be available to all participants, including transportation by shuttle. Other optional activities may be organized such as language classes, a cooking demonstration or a visit to a local winery.



Join us for a unique Italian experience

Double occupancy: \$1,850 per person

Single occupancy: \$2,300 per person

Students should have one year of experience in the Iyengar tradition

**** 50% deposit required by Oct 1st. Full payment due by February 1st, 2020 ****

Registration for Italy – April 2020 :

Mail to: Mary Reilly, 5586 Fisher Road, Harbor Springs, MI 49740

Contact: maryreilly36@gmail.com • (231) 526-5041

Name: _____

E-Mail: _____

Address: _____

City/State/Zip: _____

Telephone: Home (_____) _____ Cell (_____) _____

Accommodation: Single / Double Preferred Roommate: _____

Enclosed is my deposit for \$ _____