



# ITALY YOGA RETREAT

with Janet MacLeod

July 21-28, 2012

Janet MacLeod embraces the eight limbs of yoga in her teaching of asana and pranayama. Yoga is based on the principle of ahimsa (non harming) and Janet uses this as a way to bring students to their full potential without incurring injury. She acknowledges the Iyengar family as the guiding light in her practice (35 years) and teaching (close to 30 years).

Janet taught her first yoga retreat at Harbin Hot Springs in Northern California in the early 80's. Since then she has conducted many popular retreats in beautiful and exotic places around the world. This is her first retreat in Italy.

Janet has the capacity to teach yoga to groups with vastly differing levels of students so that they all feel challenged; this is particularly important in the retreat setting where groups tend to be more mixed.

Janet has devoted her life to the practice, study and teaching of yoga for 30 years. Although she is very serious about the subject her classes are infused with joy helping students to experience the positive state of mind associated with this practice.

## RETREAT SCHEDULE

July 21- morning arrival to Florence; July 28- late morning departure from retreat site

A.M. yoga class 2 hours - more active

P.M. yoga class 1.5 hours - restorative, including pranayama

(Wednesday no yoga classes- excursion to either Hot Springs or the medieval city of Siena)

Daily morning meditation taught by Jennifer Weinert



## THE RETREAT

Our location is beautiful Tuscany, Italy. Gabriella's Borgo is a recently renovated medieval village, close to Casole d'Elsa and Volterra, in the Tuscan countryside. The wonderful host, Gabriella, will charm and welcome us at arrival as if seeing an old friend again.

We will be staying together in Gabriella's gorgeous villa with comfortable rooms, each with a private bath. The yoga practice space is perfect. Please bring your mat and strap. Meals will be mostly vegetarian, made with love and the famous Tuscan flair. There is a swimming pool and a reading room with wireless internet.

Registration is underway...the retreat IS going to take place! Space is limited.

Reserve your place for this dream Italy Yoga Retreat soon!

\$2450 double occupancy (\$2350- early registration discount if paid in full before February 15, 2012)

\$2750 single occupancy (\$2650- early registration discount if paid in full before February 15, 2012)

Includes yoga and meditation sessions, accommodations, all meals except two, day excursion to Siena or Hot Springs, transportation from and to Florence Airport. (Airfare and gratuities to retreat staff are not included).

Please visit [www.jmacleodyoga.com](http://www.jmacleodyoga.com) to download a registration form. \$400 deposit will hold your place until April 30, 2012, when the balance is due. Please make checks payable to Janet MacLeod. Please mail registration and check to Jennifer Weinert, PO Box 59, Papaikou, Hawaii, 96781. Or you may pay by credit card online at [www.jmacleodyoga.com](http://www.jmacleodyoga.com). If you pay online, please send your registration to Jennifer.

## FOR MORE INFORMATION:

Registrar: Jennifer Weinert [jennifer@hiloyoga.com](mailto:jennifer@hiloyoga.com) (808-895-0154)

To download a registration form and pay by credit card, please see [www.jmacleodyoga.com](http://www.jmacleodyoga.com)

