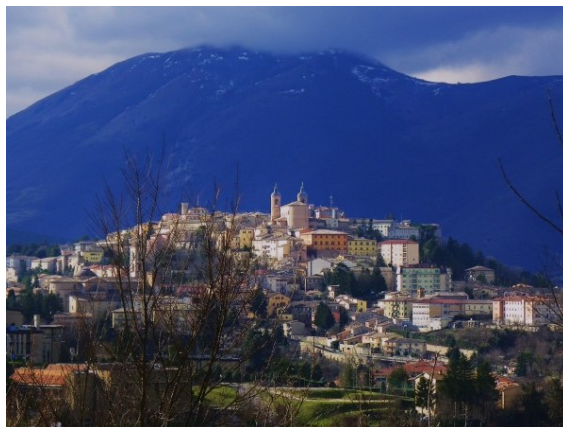


Yoga in Camerino, Le Marche/Umbria, Italy

With Wendy Teasdill



October 18th to 21st, 2013.

At the boutique hotel-villa Colleridente www.colleridente.it on a spur from the medieval hilltop town of Camerino, on the border of Le Marche and Umbria, with views over the Sibylline mountains. All rooms are single unless otherwise requested.

Nearest airport: Ancona. Bologna, Pisa and Rome also do-able

£350 - This includes 3 nights' accommodation, daily brunch, simple dinner on the first night - and your Yoga.

Daily asana practice incorporating breath, Pranayama and. Suitable for all levels.

18th October – 17.00 – 19.30 p.m.

19th October - 8 a.m. – 11 a.m.
16.30 – 19.00 p.m.

20th October - 8 a.m. – 11 a.m.
16.30 – 19.00p.m.

21st October - 8 a.m. – 11 a.m.



Travel: You need to make your own travel arrangements to and from the venue. There is a local bus service but car-hire makes life easier!

This region is noted for its cuisine, and visits to local restaurants for Saturday and Sunday nights are an additional cost for you but the freedom of the menu is well worth it!

Regional attractions: The art of Lorenzo Lotto in Ancona, Jesi and Loreta; the caves of Frasassi; walking and horse-riding in the Sibylline Mountains. This area is quiet, serene, relatively unexplored and full of stories. Wendy has been visiting the area for ten years and can help arrange local excursions and/or extra days.

For further details and bookings contact Wendy: 01458 898 263 or wendy@teasdill.com or www.teasdill.com