

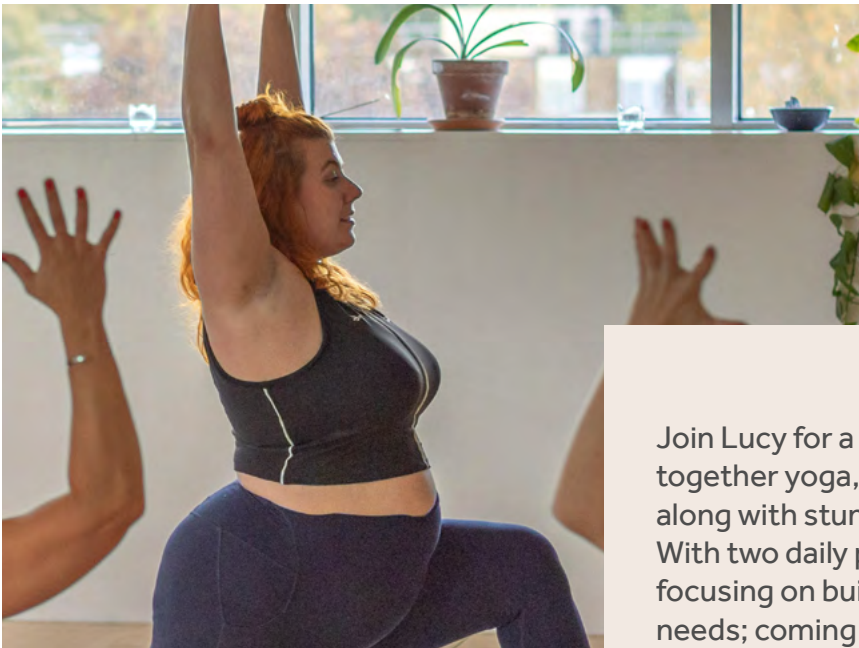
TUSCANY YOGA RETREAT

with Lucy Bishop

SEPTEMBER
21ST - 28TH
2024



A week of
connection,
reflection,
carbs
and lots of
laughs.



Join Lucy for a fabulous trip that brings together yoga, meditation and breathwork along with stunning trips to explore Tuscany. With two daily practices Lucy will lead a week focusing on building your practice around your needs; coming back home to your body and finding joy in movement.

This retreat is for all levels of experience, first-timers, long-timers and everyone in between.



This is a beautiful retreat nestled within a quiet valley in rural Tuscany. The location is the perfect spot with three spaces for classes both inside and outdoors in nature. You'll stay on a charming converted Tuscan farm estate close to vineyards, olive groves and forest. This allows plenty of time for local walks, wine tasting and immersing yourself in nature.

HOW TO GET TO THE VENUE

Fly to Pisa Airport and the rest is taken care of.

We'll travel in a group transfer around 14.00 on 21st of September. Please aim to arrive in Pisa by around 1.30pm for your transfer.

The minibus journey will take around 2 hours 15 minutes and includes a refreshments break.



THE VENUE

Set in the heart of the Tuscan Maremma, surrounded by woodlands, vineyards, olive groves and mountain streams is the picturesque retreat centre Le Pianore.

There are spectacular views and untouched landscapes. The centre is an ideal venue for yoga holidays, holistic and creative retreats.

The farmstead comprises beautifully restored villas and studio spaces, is the perfect base from which to explore the surrounding countryside; from the slopes of the Monte Amiata down to the Maremma coast.

A beautiful, 140 m2 studio space, plus a further two group class spaces in the open air are available to you; a shaded porch and a natural deck overlooking the hills.



Dip into the swimming pool for respite from the midday heat and enjoy lounging on the deck chairs until sunset, watching the sky turn red and feeling the cool evening air descend.

You are welcome to explore all around the site and visit the gardens.

The only guests are those attending the retreat.



A DAY IN THE LIFE

Following a morning yoga class and a delicious breakfast, you'll spend the days relaxing by the pool, lounging in the sun or taking a day tour at a local town or scenic spot.

You can also spend your time enjoying a massage (Ayurveda and Shiatsu are both offered) or taking a walk through the local olive groves or woodland.

Tuscany is a region with so much to offer and so much incredible food and drink to try. I hope you'll join us for a memorable trip to this special place which will boost your wellbeing and leave you feeling calm and restored.

Each evening there will be a gorgeous Italian dinner served, with most of the ingredients grown at the venue or using local, organic produce.



ADDITIONAL SESSIONS

AS WELL AS DAILY YOGA CLASSES YOU CAN EXPECT ADDITIONAL SESSIONS TO IMMERSE YOURSELF IN AND GROW YOUR PRACTICE.

SELF COMPASSION WORKSHOP:

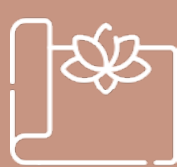
Using a mixture of chatting, journaling, meditation, breathwork and rest we will take the time to show some compassion towards ourselves and ask how we can bring more self compassion into our lives in the future.

POSTURE CLINIC:

Have some burning questions about your favorite posture? Want to workshop how a pose can work better for you? Well this workshop is for all the questions you've been too nervous to ask, none too small or silly, bring them all to the posture clinic!

WHAT'S INCLUDED

- Breakfast every morning and dinner every evening
- 5 lunches at the retreat centre*
- Full yoga timetable
- 7 nights accommodation
- Use of the pool, gardens and retreat amenities at this private retreat centre .
- Travel and booking support from Lucy and Will .
- There will be yoga/pilates mats provided or you can bring your own. All equipment is provided; bolsters, blocks, bricks and yoga straps.



WHAT ISN'T INCLUDED

- There will be two days where lunch isn't served to give you a chance to explore the local area or enjoy lunch in town on your visit to Siena.
- Transport: flights and ground transport are not included. Several airlines fly to Pisa including RyanAir, EasyJet and British Airways. Check out Skyscanner to compare prices. Taxi transfers cost €380 (euros) each way, per vehicle and are divided by up to 8 passengers per minivan. Guests are responsible for their own costs.
- Massages, wine, retail, gift shop items are chargeable extras. These are optional and will be added to your tab which you can pay at the end of the retreat.



*Assuming two lunches will be eaten out at local cafes or as part of a day trip on the yoga free day. Additional lunch can be purchased for £25 if required.



THE SCHEDULE



SATURDAY

14.00: Airport Arrival

Please arrive in Pisa by 14.00 for your transfer to the retreat center. You will be ushered to the venue with a team of drivers.

Information: We will gather in the arrivals area and the collection time is 14.00

The arrival and journey to the center will take us to a quiet, beautiful town where there is a chance to have some refreshments, use the bathroom facilities and take a few pictures.

17.00: Arrivals, welcome drinks, venue tour

19.00: Retreat Introduction

19.30: Welcome Dinner



SUNDAY

08.00: Yoga class

09.30: Breakfast

Tea, coffee and juice is served each morning. There will be a selection of local fruits, toast and preserves and other delicious breakfast offerings which vary daily. If you're requiring refreshments before class fruit and tea/coffee is available.

10.30: Free time

Relax by the pool, wander the grounds or curl up in the relaxation area and read a book.

16.30: Yoga class

18.00: Wine tasting

Including cheese, snacks and olives.

19.30: Dinner

MONDAY

08.00: Yoga class

09.30: Breakfast

Local Tour/Trip: Groups can choose a tour to the thermal springs or the local artist gardens and stay for lunch. You'll be back in time to have a rest before the evening session.

17.30: Yoga class

19.30: Dinner

TUESDAY

08.00: Yoga class

09.30: Breakfast

17.30: Yoga class

19.30: Dinner

WEDNESDAY

07.30: Breakfast

09.30: Day Trip

We will take a full day tour to the wonderful small city of Sienna. The trip will be a full day out and you'll be responsible for ordering your own lunch at some of the various cafes and restaurants nearby. We will return home to our venue in time for dinner.

19.30: Dinner

THURSDAY

08.00: Yoga class with Posture clinic
Workshop how a pose can work better for you and ask all the questions you've been too nervous to ask.

09.30: Breakfast

15.00: Italian cookery class: Pasta making

17.30: Yoga class

19.30: Dinner



FRIDAY

08.00: Yoga class

10.00: Breakfast

12.00: Self Compassion workshop
Using a mixture of chatting, journaling, mediation, breatwork and rest we will take the time to show some compassion towards ourselves.

17.00: Yoga class

19.00: Dinner

SATURDAY

07.30 - 9.00: Breakfast

09.00: Departures

PACKING LIST

- Please bring a yoga mat (or use a mat from the venue if you're traveling light)
- Sleep essentials: eye mask/ear plugs
- Clothing suitable for yoga classes for 7 days
- Reusable water bottle
- Small sweat towel, a beach/pool towel
- Sun cream
- Sun hat
- Sunglasses
- Swimwear
- Notepad and pen
- Euros or a currency card
- Euro plug adapter



MORE DETAILS

FOOD & DRINKS

During your stay on the LePianore estate, a variety of fantastic food and drink will be served. Ernica, Marcello and Laura look forward to serving you.

The food is delicious and local to the region with produce from nearby farms and direct from the organic vegetable garden.

WINE

To drink, several local wines are produced moments from where you're staying on the estate. A wine menu will be available every evening for those who wish to enjoy a glass or two with their evening meals. Additionally, to learn more about the wine production and area a wine tasting will be offered on Monday at 17.30. You'll sample various wines and enjoy this with various snacks including crackers, cheese and olives. Please note there is no drinking before the evening meal permitted at the retreat centre. Wine is optional as is the tasting.



FOOD

BREAKFAST

At breakfast time, after your morning class there will be a variety of buffet items to choose from. This includes eggs, toasts and preserves plus a freshly baked cake each morning. There are various fruits and cereals too. This is served with tea and coffee.

SNACKS

Between meals, tea, coffee and fruits are available. The chef team will ensure your dietary requirements and allergens are met.

LUNCH

At lunch time expect a warm pasta dish along with fresh bread, salad and locally produced olive oil.

DINNER

The evening meal consists of an appetizer, a first course, a second course, two sides and dessert.



DAY TRIPS

This retreat offers you the chance of total tranquility and relaxation in the private grounds in a rural, quiet area. You can enjoy a mid week trip on your yoga-free day. This will be to Siena and will be from 09.00-16.30.

Various local walks are available if you wish to stay closer to the venue. You can venture to the local village Monticello which is a 30 minute uphill walk. This is a fairly steep route, so it is essential to wear sturdy footwear. This is the closest village and has a few bars/ cafes and a small supermarket for anything else you might need.

Further afield a second longer walk to a hilltop village is possible; you will follow country paths and maps will be provided. The terrain is along pathways, tracks and stepping stones across a shallow stream, so please wear suitable footwear for this walk too.



The venue has plenty of grounds for exploration, including a large natural cold water pool, this is 10 minutes walk from your accommodation. There are numerous scenic routes and paths around the property and you're free to explore the vicinity during your stay.

As well as the walks and village exploration, bikes will be available at the venue to explore on and taxis will be available if you're going further afield. We're sure you're going to enjoy getting to know this wonderful part of the world. Between classes you can explore the estate grounds on foot or book a taxi to a nearby town/village.

ACCOMMODATION & PRICING

PRICES PER PERSON

LUXURY YURT FOR 3 GUESTS

£980 PP

Queen bed & 2 singles. Includes private bathroom



PRIVATE COTTAGE

£1860 PP (couple/ friends sharing)

Queen bed, single bed & daybed. Kitchen, balcony and ensuite bathroom

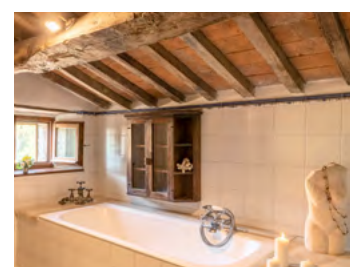


THE SUITE

£1280 PP (couple/ friends sharing)

£1860 (solo occupancy)

Queen bed & single bed. Ensuite with bath and shower



**PREMIUM
FARMHOUSE
TWIN**

£1280 PP

Ensuite bathroom



**PREMIUM
FARMHOUSE
DOUBLE**

£1280 PP

£1860 solo

Ensuite bathroom

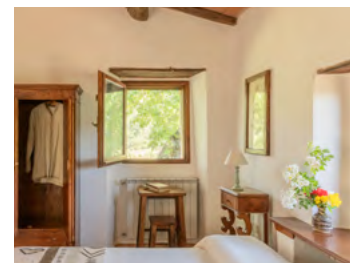


**"THE GUEST"
DOUBLE ROOM**

£1280 PP

£1680 solo

Queen size bed,
ensuite bathroom



QUAD ROOM

£1080 PP

Large room, four beds, desk, & ensuite bathroom



"THE ROCK"

TWIN

£1280 PP

Ensuite bathroom



"For me Le Pianore has always been a place of freedom, joy and possibility. That is what I want to share with people. I want to give my guests a space in which they can explore and express themselves, where they can play, experience real emotions and be moved by beauty."

- Elena Basile

FURTHER INFO & FAQ'S

HOW TO PREPARE

This is a holiday with plenty of classes and optional extra activities outdoors including walks, hikes and nature trails. Please hydrate a couple of days prior to the retreat so you feel fresh and ready to begin your yoga holiday.

You will be in a rural location surrounded by nature and forest. Consider bringing an insect repellent and mosquito plug in for your room.

Please bring a reusable water bottle with you.

New to yoga? Who is this retreat for? We welcome all levels. It is useful to have done some yoga or movement prior to the retreat. If you're brand new, it's advisable to have practiced at least 10 sessions before joining the retreat to give you a foundation. We can advise where to find suitable classes or how to find classes near you.

I'm thinking of coming alone, is this ok? Yes! Most guests are solo travelers and we welcome single riders! It is an opportunity for you to fully immerse yourself in your practice but also to meet like minded individuals. Guests always come away with a network of new yoga connections and stay friends beyond the retreat.

I'd like to come, but can I spread the cost? Payment plans are available. Spread the cost with a 12 month plan or 6 month plan.

Is there a hairdryer? Yes, in every bathroom

Can I do laundry? Yes, It is €5.00 per load.

What shower products are available? There is a dispenser with an organic and biodegradable shower gel in each shower. Bring your own other toiletries as required.

Can I pay cash or card at the venue? Please bring cash with you for massages. You can pay for your taxis in cash and you can pay on card for items purchased from LePianore. A great overseas card is Wise. This will allow you to spend in local currency and avoid card-fees.

My question isn't listed here:

Pop an [email to Will here](#) and he will get back to you.

TAXIS & TRANSFERS

The retreat centre works with trusted driver Carlo Albertini and his team. The company provides large, spacious vehicles to move passengers around with room for luggage. They will be available for any additional trips you take or if you want to head off on a trip to a nearby town or village. The transfers are arranged and booked for you, but the cost is not included. You can pay the drivers in cash after each journey.

BOOKING INFO / TERMS:

1. To secure your space, please complete the [booking form](#). A deposit of £380 will save your space and secure your accommodation choice. The balance is due 10 weeks prior to the retreat start date.
2. If you're paying via a pre-agreed payment plan an illustration is included below.
Room type: Quad. Deposit £380. Balance monthly: £100 for 6 months (Feb-July)
3. UK Bank Accounts. Via bank transfer or payment plan:
William Wheeler
HSBC
Sort code 40-19-91
Account 41333674
4. Transfer for non UK and UK bank accounts. Via [Wise](#) (see link on booking form to complete your booking).
5. Your reference should be detailed as follows: 'SURNAME + LUCY24' (EG SMITHLUCY24)
6. If you have any questions please contact Will via email or telephone.
7. You must take out travel insurance for your trip. If you are a UK citizen, it is also advised that you have a valid European Health Insurance Card. If our travel plans are disrupted due to travel restrictions caused by Covid-19, you'll have the option to reschedule or receive a refund.

TERMS AND CONDITIONS

1. The deposit is non refundable unless the trip is postponed or cancelled due to entry restrictions into Italy from the UK in light of Covid-19 or unprecedented security measures.
2. Please ensure you purchase the appropriate travel insurance for your holiday. In the event you are no longer able to attend the retreat, your space is transferable to another client, this is on a fill your spot basis.
3. An admin charge of £85 per client will be applied to change the name, booking and rooming details.
4. The balance is only refundable if your spot is rebooked by another client and their transaction has been processed.

Please contact me via email if you have any questions.
I am happy to help you with your booking!

WILL WHEELER

+ 44 (0) 7917 346 593

willwheeler242@gmail.com