

Thank you for your interest

We are offering 2 types of Yoga holidays in Italy in 2024

1 - Italy on a budget

Accommodation in my house and similar accommodation in the village

Rooms allocated by single or shared occupancy requirements...

From £525pp - shared room and shared bathroom

from £600pp - single occupancy and shared bathroom

<https://sara-yoga.com/yoga-in-italy>



2 - Italy with a pool

Accommodation in my house, and similar and the pool

Rooms allocated by single or shared occupancy requirements...all shared facilities.

From £625pp- shared room and shared bathroom

From £700pp - single occupancy and shared bathroom

<https://friendsoftuscany.com/properties/la-capanna-cardoso-province-of-lucca/#location>



All holidays include all food as described below, accommodation, and classes plus a complimentary prosecco on arrival.

Example of schedule

Day 1 –arrive between 3–5pm. Settle in, 1 x yoga class

Supper only

Day 2,3,4 – 1 x morning yoga class, free-time to explore / relax by the pool if on the pool house option, with optional facilitated sessions, 1 x evening yoga class

Light breakfast, buffet lunch and supper

Day 5 – 1 x yoga class

Brunch only and depart by midday

Wine is extra however we charge a flat rate of €5 per evening – you just help yourself to red or white on the table – at your discretion. Soft drinks to be purchased in the local shop

The food is mainly vegetarian Italian home cooking, but fish or chicken options sometimes available, dietary requirements must be stated in advance.

DEPOSIT – SECURE YOUR PLACE

You can secure your place, (once availability has been established), by sending a deposit of **£100 per person via BACS** and email me to confirm you have sent the funds.

STUDENT QUESTIONNAIRE and BOOKING FORMS and T's and C's

You will need to read and/or fill out the following forms:

- new student form so I have your medical history and yoga experience.
- booking form so I have your flights, dietary and passport info
- T's and C's fyi.
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LOCATION

The house is in a medieval village called Cardoso, in Galliciano, Tuscany, 4km up the mountain and nestled in olive groves and forest. Garfagnana is 'Hidden Tuscany' at its best. With stunning scenery, it is the perfect area in Tuscany for walking and outdoor activities.

There is a bar in the village as well as a small shop. It is nearby large towns such as Barga and Castelnuovo di Garfagnana. The city of Lucca is 30 minutes' drive from Cardoso, and in the other direction the beautiful Garfagnana with its national parks is also only 30 minutes' drive.

The view from every room in the main house



The studio in the main house



UK TRANSFERS

You will need to arrange your transfers to and from your UK airport.

FLIGHTS

You will need to arrange your flights to and from Pisa airport.

EasyJet do a reasonable flight to Pisa from Luton

<https://www.skyscanner.net/> is a very useful tool to see who is flying to **Pisa**.

If we can get you all on the same flight in and out, (or similar), it makes taxis and pick up easier.

Let us know what you are thinking, and we can make sure we get people together to hire cars, share taxis or arrange pick up.

TRANSFERS IN ITALY – TO AND FROM PISA AIRPORT

To keep the costs down, we have not included transportation during the holiday, (car hire costs are difficult to predict as prices fluctuate and were seen to soar in the of summer 2022), so instead;

- we can help arrange taxis from €120 per car (4 people sharing)
- you can hire your own car and have the independence to explore. Make sure you buy excess insurance cover in the UK; this covers you for the excess fees which can be over £1000
- you can weave through the Tuscan hills on the local train from Pisa to Fornace di Barga for around €6 plus a €25 taxi to the village via www.trenitalia.com

We look forward to hosting you in Italy

Contact us early to avoid disappointment.

Don't hesitate to contact us with queires.