



# A YOGA FOR RUNNERS RETREAT LIKE NO OTHER YOGA... RUNNING... BELLA ITALIA

**SEPTEMBER 23 – 30, 2010**

Treat yourself to a week of activity, relaxation and enchantment as **Christine Felstead's Yoga for Runners™** embarks on an Italian adventure. The location for this retreat will provide for an unprecedented experience: yoga served up with a little bit of la dolce vita!

The Italian retreat centre is appropriately named The Hill That Breathes ([www.thehillthatbreathes.com](http://www.thehillthatbreathes.com)), and it is beautifully situated in the mountains that border Tuscany and Umbria. As an eco centre, The Hill includes a renovated farmhouse set amid 100 acres of pristine pine forest, a salt water pool and endless panoramic views. Yoga is done in a magnificent geodesic dome, nestled in the woods with a huge window overlooking the valley. Practicing yoga in this unique setting will fuel your mind, body and soul!

## FOOD

No Italian experience would be complete without exquisite food and such is the case at The Hill. The food is vegetarian, nourishing, healthy, delicious and abundant. As much as possible, the food comes from local growers at the prime of freshness.

## AGENDA

My philosophy when organizing retreats is that first and foremost, the time is yours to do with exactly as you feel. While each day will have organized yoga classes, participation is completely voluntary. Yoga classes will be held daily where participants can develop or deepen their yoga knowledge and experience. The morning class will offer challenge, fun and relaxation while the afternoon workshop will include detailed deconstruction of key poses and venture into more playful aspects of a yoga practice. All classes are tailored to the needs of runners, focusing on hips, hamstrings, core strength, stretching and strengthening. Chanting and meditation will also be included. As for the running component, be prepared for communing with nature in spectacular surroundings and to explore the various running routes surrounding the Hill. Informal running groups will be organized to suit desired speed and mileage. There are no classes on the Monday as this will be an excursion day.

## REGISTRATION

**Cost:** 845€ (approximately \$1,300 Cdn). This price is based on triple accommodation. The cost is slightly higher for double or single rooms.

**Includes:** Accommodation, 3 meals per day, 2 daily yoga classes, organized runs

**Not Included:** Travel costs, including flights, local travel to Retreat Centre, and one-day excursion (optional)

To register, simply visit [www.thehillthatbreathes.com](http://www.thehillthatbreathes.com) and follow the registration process described.

For further information about Christine and Yoga for Runners, visit [www.yogaforrunners.com](http://www.yogaforrunners.com); or e-mail [cf@yogaforrunners.com](mailto:cf@yogaforrunners.com)