

## ABOUT YOUR GUIDES

Your trip will be lovingly led by a team who share in common a love of Italian culture, great food, wine and nature. Allow us to take care of every detail!

## ABOUT SILVIA MORDINI



Yoga will be taught by Silvia whose loving [Anusara-inspired Vinyasa Flow](#) teaching style is influenced by more than 10 years of Hatha yoga study. She studies primarily under Shiva Rea. With over 7,500 hours of yoga teaching experience, as a nationally recognized Experienced Yoga Teacher with Yoga Alliance (E-RYT) she founded Total Body Yoga, a 3,900 square foot Chicagoland yoga center with over 200 monthly classes, weekly workshops as well as for a fifth year a Nationally accredited Yoga Teacher Training Program. Silvia's dedication to her students makes her classes upbeat and fun, serious and informative, supportive and authentic. She brings inspiration enthusiasm and playfulness into practice through flowing sequencing & a delightful combination of yoga philosophy and physical alignment. When her students leave class, they have been inspired to be good to themselves.. Silvia's family comes from Northern Italy

## ABOUT JACOB YOUNG

Jacob is an avid cyclist, runner, and lover of all things outdoors, involving people. With over 10 years of guiding experience, beginning on Mt. Rainier, he has broadened his horizons by transitioning to guiding cycling trips around the world. He has been living in, and exploring the Olympic & Cascade mountain ranges of the Pacific Northwest for the past 11 years, and can often be found cycling, trail running, hiking and skiing in the greater Seattle area when not practicing yoga indoors. Jacob is a Certified Carmichael Training Systems coach and is CPR/First Aid certified, but his real experience comes from his passion for showing people new places and exploring along with them. Having lived for years in Italy he delights in helping others discover the ancient beauty and serenity of this special place.



# Alchemy Tours

OFFERS YOU...THE SPIRITUAL  
ADVENTURE OF A LIFETIME!

**\$150 Off by Sept 1st!**



**TUSCANY OCT 24-30, 2010  
YOGA, CYCLING, &  
CULTURAL RETREAT**

Phone: 847-772 YOGA (9642)

Web: [www.alchemytours.com](http://www.alchemytours.com)

Email: [info@alchemytours.com](mailto:info@alchemytours.com)

## ABOUT THIS ADVENTURE

Join Total Body Yoga Travel Adventure Team to Tuscany Italy! Explore the dimensions of your yoga practice while exploring the rich Italian culture by biking, hiking and walking tours. Jointly led by Vinyasa Flow Yoga teacher Silvia Mordini and International Travel Guide Jacob Young, this spiritual and cultural gem is found in the heart of the Tuscan food and wine country, traveling to many local wineries from there. Stay at an 800 year old Tuscan Farmhouse nestled into the hills and experience a retreat like no other!

### Explore Mind/Body Balance!

Two vinyasa classes and/or hiking and cycling offered daily to bring you back to your center.

### Explore Rich Italian Culture!

Excursions include visiting art cities like Volterra, Montalcino, and Siena along with a beach trip to the Mediterranean & private wine tastings, tours and Tuscan cooking class.

### Explore the Tuscan Countryside!

Experience amazing hilltop panoramas and the beauty of sunlight that has inspired painters throughout time, stand and cheer at the rising of the moon.

### Special Cultural Programs:



Day 1, Oct 24, 2010: Arrivals, Farm Hike, Deplane Yoga, Welcome Celebration!  
Day 2, Oct 25, 2010: Monteriggioni & Siena  
Day 3, Oct 26, 2010: Cycling & Chianti Trip to Radda (tour, wine tasting)  
Day 4, Oct 27, 2010: Drive to Mediterranean relax on the beach, afternoon lunch and visit to Petriolo Natural Hot Springs, Tuscan Cooking evening

Day 5, Oct 28, 2010: Cycling

morning, San Gimignano and Volterra private tour, dinner

Day 6, Oct 29, 2010: Cycling, Montalcino & Wine Tour, Closing Dinner

Day 7, Oct 30: Morning Yoga and Departures

Accommodations: We will be guests at an 800 year old classic Tuscan farmhouse converted into a stylish yoga retreat. Looking out one of the many windows of the different accommodations in Ebbio, you will be captivated by the undulating hills swept with thriving vineyards, olive trees and enchanting evergreen forests. Enjoy fully organic meals and home grown chianti.



## TUSCANY DAILY AGENDA

8:00am – 9:30am Vinyasa Flow Yoga

9:30am – 10:30am Breakfast

10:30am – 12:30pm Cycling, Hiking

12:30pm – 1:30pm Lunch

1:30pm – 5:30pm Afternoon Excursion

5:30pm – 7:00pm Vinyasa Flow Yoga

7:30pm – 11pm Dinner, Group Fun



## RESERVATIONS



You can pay with check, direct bank deposit, or credit card or Paypal on line but we most prefer checks. Please send checks to Total Body Yoga Retreats, 210 Terrace Drive, Mundelein, IL 60061. Contact [info@alchemytours.com](mailto:info@alchemytours.com)

### PAYMENT POLICIES:

**Early-bird discount:** \$150 OFF by Sept 1st!

**Deposit:** A \$500 dollar deposit will reserve your space. Balance must be received by October 1st.

**COST:** \$1900 EARLY BIRD or \$2050 REGULAR  
Includes all except airfare and guide gratuities

Name \_\_\_\_\_

Phone \_\_\_\_\_

Card Number \_\_\_\_\_

Signature \_\_\_\_\_

Method of Payment

Cash

Check

Charge: Visa or MC

