

# GLENN CERESOLI

## yoga retreat 2012

Umbria Italy

July 7 - 28



FOR MORE INFORMATION  
[WWW.YOGAMIND.COM.AU](http://WWW.YOGAMIND.COM.AU)  
[MARGARET@YOGAMIND.COM.AU](mailto:MARGARET@YOGAMIND.COM.AU)

LA LOCANDA DELLA QUERCIA CALANTE  
CONTRADA TORRACCIA, 3/9  
05013 CASTEL GIORGIO  
TERNI ITALIA  
TEL. +39 0763 627199  
FAX +39 0763 628929  
P.IVA 01316700556  
[INFO@QUERCICALANTE.COM](mailto:INFO@QUERCICALANTE.COM)  
[WWW.QUERCICALANTE.COM](http://WWW.QUERCICALANTE.COM)



Glenn will run another European Summer Yoga Retreat in Umbria, Italy, July 2012. This will be the eighth year in a row. These highly successful retreats reflect Glenn's commitment and emphasis on creating an environment which is conducive to the process of how to practice Yoga. His knowledge and understanding of how to penetrate and effectively change the body and mind, The art and science of practicing Iyengar Yoga.

## RETREAT

*Retreat means to withdraw to a more favorable place where the environment and conditions allow us to get to collect our thoughts and re-assess our circumstances and reflect on our own existence. Yoga provides the means to deepen this experience. Without the normal daily responsibilities and stresses there is an opportunity to realign and re-energise physically, mentally and emotionally. When your energies are managed and directed they penetrate more deeply and the outcome is more obviously apparent. People mistakenly believe that when they are tired and stressed, simply retiring and doing nothing will rejuvenate them. This only lulls them into inertia and doesn't provide the needed long term effects of revitalizing the system. It is the aim of this retreat to allow people to feel the full affects of a deepened Yoga practice without distraction and to move beyond a defensive, survival way of living and arrive at a 'yogic' state of mind which is 'constant integrated awareness.'*

## ACCOMMODATION

The retreat is set in the uncontaminated, beautiful Italian country side, in the fertile heart of Italy about 45 minutes from Rome. La Locanda della Quercia Calante is located in the Castel Giorgio countryside (in the province of Terni), 18 kms from Orvieto, in Umbria on the border of Tuscany.

You will stay in an old stone farm house nestled in the hills of Orvieto with all the modern conveniences.

It is environmentally friendly using solar energy and an advanced climate control system.

The retreat has its own water supply endowed with unique energy properties. There is a fully equipped yoga studio. The retreat takes twenty eight people with two people per room which is quite luxurious.

The price is inclusive of all meals (breakfast, lunch, supper), The cuisine is typical of Umbria and Tuscany, based on genuine organic products grown on the farm. Special dietary needs are accommodated on request.

All Yoga props, linen and bath towels are provided. The feel of the entire venue is inviting and the staff can not do enough to help and accommodate your needs.

see [www.querciacalante.com](http://www.querciacalante.com) to view the retreat centre



## YOGA SCHEDULE

There will be two yoga sessions per day. Mornings include silent sitting, pranayam and asana at 6 -9.30am approx, and another asana session each afternoon approximately 4:00 - 6:00pm.

Yoga with Glenn means being prepared to work and cultivate ones awareness. This three weeks program is designed ot be a transformative experience and not just a needed break from life.

Glenn's focus is on using the yoga as a tool for self-management on the physical, energetic and mental-emotional levels of ones being. The first week will establish the foundation for the theme of 'self-management.' This is open to those who have not attended before. The second and third week will develop in degree of difficulty and in level of maturity in order to increase the capacity and skill of those more experienced students and teachers. The second and third weeks are for those who have had some input from Glenn in previous years and/or teacher training. You may apply to Glenn directly if you are not sure of your level of experience.



## EXTRA TIME

There will be time aside from the daily yoga practice to explore the surrounding area which is rich in natural and historic beauty. You may want to explore the grounds, swim or pull up a sun lounge and relax by the pool in the sun. A variety of restorative treatments can also be arranged on request.

There are many interesting places around and you may want to explore these although the focus is mainly on the yoga practice. Since Saturday is a day when people arrive and/or leave there will be a yoga session in the morning as usual, but the afternoon session will be free time. This is the day to arrange some sight-seeing or quiet time to reflect. See the Quercia Calante website for details of spas and places of interest in the surrounding areas.



## TRAVEL

Rome has two airports: 1. **Leonardo da Vince (Fumicino)**

2. **Ciampino (Ryanair, Easyjet)**

*From either airport you have to make your way to **Termini train station in Rome.***

To check train times **www.trenitalia.it**

From **Fiumicino (Leonardo Da Vinci Airport)** - go to the train station inside the airport. Follow the signs to the Stazione on the upper level of the airport. Buy a ticket to Termini (30-40mins train ride) approx €15.

It is necessary after you have purchased your train ticket that you validate it by stamping it in one of the yellow machines at the platform before you get into the train.

From **Ciampino airport** get the **airport bus** to the **Termini Train Station** in the centre of **Rome**.

From **Termini buy a ticket to Orvieto** (40-45 min train ride). Validate your ticket by stamping it in one of the yellow machines before you go to platform 1 (Binario 1). 'one'. \*Platform one is located to the far left of the station approximately 400 metres along the walkway (please check in case of any changes to the departure platform)

**When you arrive at Orvieto train station, there are several options:**

**Option 1.** As you exit the Orvieto train station, directly across the piazza there is a bus depot "**Funicolare**" that can take you to **Castel Giorgio** which is a 20min journey.

When you arrive at Castel Giorgio ring **La Quercia Calante** which is one km away on **+39 (0)763 627199** to come and pick you up or just catch a taxi.

Bus timetable from Orvieto to Castel Giorgio: 11:50, 13:20, 14:05, 17:25. may be subject to change.

**Option 2.** There is a taxi stand to the left immediately as you exit the train station and it is €40 single fare to Castel Giorgio. Depending on luggage up to 3 people can share a taxi at €45 total.

**Option 3.** Driving to Quercia Calante. <http://www.querciacalante.com/en/location.htm> - instructions at site.

Pick up from either airport by car or minibus is 1.5 hours.

## ARRIVAL & DEPARTURE TIMES

**Arrival time** at La Quercia Calante is anytime after 2.30pm on the Saturday.

**Departure time:** Rooms must be vacated by 10.00am when leaving. Your baggage can be stored after vacating your room so that you can have lunch before departure if your schedule permits.



## **COSTS**

€930 per week

€2750 total three weeks

Deposit €500 per week.

**Balance due: 2 May 2012**

## **DATES**

**Week 1:** Saturday, July .7 - 14

Arrive after 2.30pm vacate 10.00am

**Week 2:** Saturday, July...14 - 21..

Arrive after 2.30pm vacate 10.00am

**Week 3:** Saturday, July .21 - 28.vacate room 10.00am.

The non-refundable deposit above is required to reserve your place. If preferred, you may pay in full at the time of booking to avoid further bank fees. The balance is due no later than 8 weeks prior to the retreat date. Payments are made via electronic transfer.

Details for the account are provided on registration. All bank transfer fees must be covered by the applicant otherwise the charges will be collected at the retreat.

## **CANCELLATION POLICY**

- For 90 days or more prior to the retreat, your entire payment will be refunded, less your deposit, and €100 administration fee.
- For 60 days prior to the retreat, payments are strictly non-refundable, No exceptions.

## **Included in the price are:**

All yoga and pranayam classes - yoga equipment is provided, it is recommended you bring your own mat.

Twenty-one nights accommodation. The price is based on shared accommodation of two people to a room.

Linen and bath towels are provided.

Three meals per day.

Massage will be offered at reduced rate for the yoga group.

**Not included in the price are:** flights, transport costs, travel and medical insurance, excursions and activities outside of the retreat.



PLEASE BOOK EARLY AND PAY YOUR DEPOSIT SO THAT YOU KNOW YOUR PLACE IS  
SECURE. YOU ARE ENCOURAGED TO PAY THE TOTAL AMOUNT IF YOU CAN.

THERE ARE ALWAYS PEOPLE WHO LEAVE IT TOO LATE.

WE LOOK FORWARD TO SHARING THE EXPERIENCE OF YOGA IN RETREAT WITH YOU.



**FOR MORE INFORMATION**  
**61 2 97000558**  
**61 2 0418 999 108**  
**YOGAMIND@AAP.T.NET.AU**  
**WWW.YOGAMIND.COM.AU**

