

**Gentle Yoga in Tuscany**  
**September 29-October 6, 2012**  
with Rudy & Joyce Peirce

***Greetings!***  
***Welcome to “Making a Tuscan dream come true.”***

The vacation of a lifetime awaits you. Gentle Yoga in Tuscany, exploring the Tuscan world, a complete feast for the senses, constitutes a recipe to fulfill body, mind and soul. This is a magical week of artful living with daily yoga, sumptuous scenery, fun, hospitality, laughter, great food, and safe, well-planned experiences.

Our week in Tuscany is based at the amazing 800 year-old villa, Ebbio, a working organic family farm that oozes character from past centuries and life of simpler times.

We will greet each day with compassionate revitalization through Rudy’s gentle yoga. Each day we will launch on a special exploration of the unique treasures and spectacular scenery of this fabled region. We will venture through the rolling hills, farmland, lush groves of olive trees, vineyards, and ancient villages. Visions of centuries past will emerge in scenes of hilltop castles, tile-roofed farmhouses and the farm life passed down for generations. We’ll imbibe the fragrant air of the harvest season and, take pause for a local treat of gelato or cappuccino.

Returning to our villa, we will integrate our adventures with stretching, deep relaxation, meditation, enjoying good company and dining on the evening’s repast including victuals from the earth at Ebbio. (Visit their website, [www.ebbio.com](http://www.ebbio.com)).

Possible inspirational reading includes: *Eat, Pray, Love* by Elizabeth Gilbert; *Four Seasons in Rome*, by Anthony Doerr; *Under the Tuscan Sun: At Home in Italy* or *In Tuscany*, both by Frances Mayes.

Possible helpful orientation to Italian culture books: *Italians Dance and I am a Wallflower*, *Adventures in Italian Expression*, by Linda Falcone or *The New Italians*, by Charles Richards, an in depth look into current Italian life.

**Please read the enclosed information carefully and feel free to contact us with your questions,**

Your hosts,

Rudy & Joyce Peirce

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**Reservations:**

**The total cost for “Gentle Yoga in Tuscany” (the “Trip”) is \$1,979.**

**An \$800 deposit per person will secure space on a first come basis, with the balance of \$1,179 due on or before August 1, 2012.**

**Very Early bird discount for deposit by Feb 1, 2012: \$150 per person.**

**Early bird discount for deposit by April 1, 2012: \$100 per person**

Apply early bird discounts to your final payment. Please make your deposits in the amount of \$800.

**Please make checks payable to: Rudy Peirce.**

Late registration: Trip participants may register after August 1, 2012, space permitting, however payment in full is then required at the time of registration.

**Trip Price Includes:**

**Yoga:** Morning and afternoon gentle yoga, (everyday except the all-day beach/hot springs outing and departure morning).

**Accommodations:** Dormitory style rooms (2-4 persons) plus a few double rooms for couples, all with shared baths. All accommodations are at Podere Ebbio, Tuscany, Italy.

**Meals:** Breakfast, lunch, and dinner at Ebbio or prepared picnic-style by Ebbio. All meals are vegetarian. A house wine is served at meals. There is no cash bar. Espresso is available. Three lunches are up to your choice in Siena, Castellina in Chianti and Volterra to enhance the exploration of Tuscan cuisine.

**Excursions:** Excursions (depending upon weather) are planned to Siena, the Mediterranean, Monteriggioni, San Gimignano, Castellina in Chianti and Volterra. Ground transportation, by van or car, is provided.

**Florence Airport pick-up/drop-off:**

Pick-up: Saturday, September 29 at 11:15 a.m.

Drop-off : Saturday, October 6 at 9:00 a.m.

**Trip Price Does Not Include:**

Round-trip airfare, bus and/or rail transportation to Florence, passports, meals in transit or outside of Ebbio, and lunch on the three excursion days, health and wellness services, gratuities, horse-back riding excursions, any items of a personal nature.

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### *Critical Travel Information*

**Important travel suggestions:** You will need to fly in and out of Florence with a stopover in another European city. The Florence airport is international of course, but doesn't handle the biggest jets. We suggest avoiding Paris. It has frequent delays.

You may choose to fly into Florence, Pisa, or Rome. However, pick-up/drop-off is **ONLY** at the Florence airport (or train station near Ebbio Villa- see info below)

It can be challenging to get a flight schedule that gets you into the Florence airport at an ideal time Saturday morning, Sept. 29. Therefore, many people arrive a day or more earlier, tour Florence, Pisa or Rome and then get to the airport Sunday morning or take a train to Castellina-in-Chianti (see below).

For best options on flight schedules and prices we recommend booking your flight online. For online flight shopping you may want to start at [www.kayak.com](http://www.kayak.com), known as the search engine of search engines for travel deals (it checks and compares expedia, orbitz, cheaptickets, priceline, hotwire, bookingbuddy, etc. so you don't have to). Apparently if you go directly to some of the other search engines they may have additional flights listed as well. So, after checking pertinent options on kayak.com, we recommend doing a few comparisons by checking [www.bookingbuddy.com](http://www.bookingbuddy.com), then [www.hotwire.com](http://www.hotwire.com) and maybe a couple others.

#### **Transportation to and from Ebbio:**

Pick-up at the Florence airport (Amerigo Vespucci, airport code FLR) on arrival day (September 29) and drop-off at the Florence airport on departure day (October 6).

**>> Pick-up time: Saturday, 11:15 AM <<**

**CHOOSE A FLIGHT SCHEDULE SO THAT YOUR ARRIVAL AT THE FLORENCE AIRPORT WILL BE AT LEAST ONE HOUR PRIOR TO 11:15 AM** to allow sufficient time to clear customs/immigration and to collect your luggage before transportation pick-up to Ebbio.

Alternative pick-up at Castellina in Chianti-Monteregioni (train station) may be arranged in advance.

**October 6 drop-off time: 9am CHOOSE A FLIGHT SCHEDULE WITH A DEPARTURE TIME NO EARLIER THAN 11A.M.** so that you will have at least two hours (9:00 to 11:00 a.m.) at the Florence airport prior to your plane's departure.

Pisa: Train service is available directly from the Pisa Airport (Galileo Galilei) to Florence (1 – 1 ½ hours). From the Florence train station take a bus or taxi to the Florence airport for pick-up. You would reverse this plan to go from the Florence airport at the end of the week to the Pisa Airport.

Rome: If you fly into Rome, you can either fly or take the train to Florence. You may also choose to take a train/bus to the Castellina in Chianti-Monteregioni station, which is near Ebbio Villa. You will need to make arrangements with us in advance for pick-up at this train station.

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The Italian train system (Trenitalia) website, which lists fares and schedules, is:  
<http://www.trenitalia.com> Some tickets may be purchased on-line.

By car: Take the Superstrada Florence-Siena and then exit at Monteriggioni.  
Ebbio Villa's address is 53035 Monteriggioni.

### **Lodging in Florence or any other city you plan to visit before or after our program:**

My favorite place to start to shop around for lodging is [www.WorldBy.com](http://www.WorldBy.com) . They have sites for all cities. You can explore by location, quality and price. I've found that with some patience I was able to sort through and find satisfying options. More info will accompany the confirmation of your deposit.

### **Making and receiving phone calls in Italy**

You may want to consider having a mobile phone available during the trip since the group tends to disperse at outing destinations and if you need to reach us this simplifies it for you. And if you are without a mobile phone then we have no way to reach you. Many of our guests, however, have gotten by just fine without.

If you want to learn about mobile phone use in Italy, this website does a great job explaining it all:  
[http://www.slowtrav.com/europe/cell\\_phones.htm](http://www.slowtrav.com/europe/cell_phones.htm) Below are the basic scenarios for mobile/cell phone use in Italy and websites for pursuing some of the options:

1. If you already have a mobile phone and want to be able to make calls in Italy, but plan to do so only in case of emergency or very rarely: Call your cell service provider or go to their website and find out if your phone can work in Italy and then explore what add-on plans are available. It's usually a monthly fee for international roaming plus a per call fee that applies to incoming and outgoing calls. Then, double check that the specific phone make AND model that you have will work in Italy without requiring YOU to make any changes before you go or after you arrive. Get a phone number for your service provider that you will be able to call from a payphone for help after you get there, just in case you have difficulties or questions.

2. If you determine that your phone can work on Italy's networks and you want more freedom to make calls without high per call and per minute costs, then another option you may want to explore is how to unlock your phone so you can install an Italian SIM card when you arrive in Italy. This option is cheaper than most international plans through the major U.S. cell phone carriers. You can read more about and purchase SIM cards in advance at  
[http://www.telestial.com/sim\\_bridge.php?ID=IT](http://www.telestial.com/sim_bridge.php?ID=IT)  
<http://www.cellularabroad.com/italySIMcard.php>

3. If you don't have a cell phone or the one you have doesn't work internationally (or is expensive to set up for international use) BUT you do want a mobile phone for your trip, consider renting a phone before you leave the U.S. that is set up for you. The least expensive and simplest option for international mobile phone rental service that we could find is <http://www.acetelecom.com/>  
If you will be traveling to other countries as well, the following service is highly recommended and more expensive but offers an option for a multi-country plan without having to switch SIM cards for every country you go to. <http://www.cellularabroad.com/gsmrental.php>

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**Shipping personal items to Ebbio:** If for any reason you need to ship any of your personal items to Ebbio or anywhere in Europe, please note these precautions:

1. It should be rare that you would actually need to do this. Generally everything you really need can be packed into your checked and carry-on baggage.
2. Despite what you may be told at your US Post Office, you will be charged a customs fee in Italy. The fee will be based on how much you insure your package for. Suggestions to insure for the maximum value will cause you to have an unnecessarily high customs fee. The suggestion is to insure for a very small amount (under \$50) if at all.
3. Delivery of shipped packages to Ebbio has proven to be problematic. Especially when a fee is required, they will decline to deliver, or claim to have attempted delivery. If Ebbio has to pick up a shipped item there will be a 30 Euro charge in addition to any fees that need payment to secure your package.

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***Trip Participant Agreement Terms and Conditions***

**Changes:** The Trip price is based on current rates of exchange and is subject to adjustment prior to departure. Once a participant's deposit has been received the Trip rate is secure for that participant except in the event of a change of more than \$0.20 in the euro-dollar exchange rate. Currently the Trip pricing is based on an exchange rate of **US \$1.35 = 1 Euro**.

Changes to the itinerary are not anticipated; however, Rudy Peirce (the "Trip Organizer") reserves the right to make any changes determined necessary, with or without advance notice. Changes in itinerary will not result in a refund of any portion of the Trip price nor incur extra charges for participants.

**Cancellations/Refunds:** All requests for cancellation must be submitted **in writing** to the Trip Organizer and are subject to processing according to the dates listed below. Regardless of the reason, cancellations result in additional costs and processing time for the Trip Organizer. As such, all cancellations will be subject to a \$100 cancellation fee.

**The following charges will be assessed for cancellations:**

**Less than 45 days prior to program start date (after August 1, 2012) 50% of registration fee plus \$100 cancellation fee.**

If the participant leaves the Trip prior to its conclusion, refunds will not be made for the unused portion of the Trip. No refunds will be made for any excursion, meal, yoga class or workshop or other activity that the participant misses or decides not to participate in for any reason.

The Trip Organizer reserves the right to cancel the Trip prior to departure. If such cancellation is NOT due to circumstances beyond the Trip Organizer's control, as set forth below, the Trip Organizer will refund all payments, constituting full settlement with the participant. No compensation or refund will be made when cancellation arises before or during the trip due to circumstances beyond our and/or our suppliers' control such as war, strife, civil disobedience, strikes, terrorist activity, adverse weather conditions, fire, natural disasters, etc., *unless or until* the Trip Organizer is able to recover any Trip-related sums. In the event of cancellation arising from circumstances beyond our control, as set forth above, Trip-related sums recovered by the Trip Organizer will be distributed equitably to the participants after the Trip Organizer deducts all out-of-pocket costs and related expenses.

It is recommended that participants purchase their own trip cancellation insurance. The Trip Organizer is not responsible for expenses, including but not limited to lodging, meals, and transportation, incurred for delays and/or detentions beyond the trip itinerary as a result of circumstances beyond our and/or our suppliers' control such as war, etc. as set forth above.

**Nature of Trip:** This Trip is yoga-based. Accordingly, participants are strongly encouraged to fully attend the yoga offerings provided. All participants are encouraged to approach the Trip with a spirit of openness and adventure.

Smoking is not permitted in vans or cars, at meals, or inside the buildings and yoga space.

The nature of the Trip is not suitable for children.

Initials \_\_\_\_\_

Initials \_\_\_\_\_

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**Passport:** A passport must be obtained in advance. Each participant is responsible for determining their specific passport requirements and for obtaining the necessary documents prior to departure. Non-U.S. citizens must consult with appropriate consulates to determine if any visas are needed.

**Medical Insurance:** Each participant is responsible for checking with their current health insurance provider and insuring that they have adequate medical coverage. Participants must carry insurance documentation while on the Trip.

**Photographs/Videotapes:** The Trip Organizer may photograph the Trip. The Trip Organizer reserves the right to use any such photographs/recordings/videos in its advertising, displays, publicity materials, and publications without obtaining further consent from any participant. Each participant releases the Trip Organizer and its representatives from any liability in connection with any such use of such photographs and videotapes.

**Release/Responsibility:** The participant, by signing this Trip Participant Agreement, agrees that the Trip Organizer and its representatives, except for their gross negligence or willful misconduct, shall not be held liable for any injury, damage, loss, delay or irregularity that may be occasioned for any reason, including, but not limited to any defect in a vehicle, the acts or default of any company or person engaged in conveying a participant, acts of God, terrorism, acts of war, or detention; delays or expenses arising from quarantine, strikes, thefts, pilferage, force majeure, civil disturbances, government restrictions or regulations, accidents by aircraft, boat, bicycle or motor vehicle, or in any restaurant or accommodation; failure of any means of transportation to arrive or depart as scheduled or changes in transit, or villa services; missed airline or other transportation connections; or for additional expenses resulting from changes in exchange rates, tariffs, or itinerary.

The participant agrees to assume all risks associated with the Trip and agrees that no liability will attach to the Trip Organizer, its employees or agents, or to any member of the trip in respect of death, personal injury, illness or delay of the passenger, or for any loss of or damage to the property (including luggage) of the participant during the course of the Trip, howsoever caused.

**By signing this Trip Participant Agreement, the participant releases the Trip Organizer and its representatives from any such responsibility or liability, except as hereinabove set forth.**

The liability of common carriers is generally limited and, therefore, it is suggested that participants purchase their own cancellation, property damage (including luggage), and accident insurance. Check your credit card to see what they cover on flights purchased with that card.

I strongly recommend that you google travel insurance international and take time to research what you need. In the past we have used [travelguard.com](http://travelguard.com) and most recently [squaremouth.com](http://squaremouth.com), buying CSA Travel Protection. It's helpful to do your own research so you know what you're coverage is.

For the benefit of everyone on your trip, the Trip Organizer reserves the right to accept or reject any Trip participant at any time without liability, and in the event it determines, in its sole and exclusive discretion, that a participant is disruptive to the harmony of the Trip, it may without any obligation to pay a refund or any other amount whatsoever, expel such participant from the Trip. The Trip Organizer will have no responsibility or liability for any participant who leaves the Trip prior to its conclusion or for any activity undertaken by any participant that is not included on the Trip itinerary.

Initials \_\_\_\_\_

Initials \_\_\_\_\_

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*Trip Participant Agreement Terms and Conditions*

I/we have read and understand the foregoing Trip Participant Agreement for: “Gentle Yoga in Tuscany, September 29 - October 6, 2012” and, by making my payment as set forth below, agree to the terms thereof.

Please reserve my/our space:

Signature \_\_\_\_\_ Date: \_\_\_\_\_  
Signature \_\_\_\_\_ Date: \_\_\_\_\_

Please Print:

Name as it appears on passport \_\_\_\_\_

Name as it appears on passport \_\_\_\_\_

Mailing Address \_\_\_\_\_

City/State (Province) \_\_\_\_\_

Zip (Postal Code) Country \_\_\_\_\_

Phone: Days \_\_\_\_\_ Evenings \_\_\_\_\_ Mobile \_\_\_\_\_

Email: \_\_\_\_\_

Name of First Emergency Contact: \_\_\_\_\_

Name of Second Emergency Contact: \_\_\_\_\_

Phone: Days \_\_\_\_\_ Evenings \_\_\_\_\_ Mobile \_\_\_\_\_

Enclosed is a check or money order (US funds only) in the amount of \$ \_\_\_\_\_.

NOTE: Check or money order in US funds should be made payable to: Rudy Peirce

Please sign and *initial each page* of the Trip Participant Agreement.

Fill in all required information above and return the *entire* Trip Participant Agreement with your payment to:

RUDY PEIRCE  
PO Box 467  
Housatonic, MA 01236

*Please retain a copy of the Trip Participant Agreement for your own records.*

Initials \_\_\_\_\_

Initials \_\_\_\_\_