

Gentle Yoga and MELT in Tuscany

September 22 - 29, 2018

with Rudy & Joyce Peirce

The following letter provides you with:

- A general overview of this yoga vacation
- Trip price, accommodation options, what's included, what's not.
- How to plan your trip, book your flight and research lodging in other cities for before or after the retreat
- Info on making and receiving phone calls in Italy
- The Retreat Participant Agreement Terms and Conditions
- Reservation details

☞ Once you register, additional detailed information on various topics will come your way.

Greetings!

Welcome to “Making a Tuscan dream come true.”

The vacation of a lifetime awaits you! In 2018 we will be celebrating our 12th year hosting Gentle Yoga in Tuscany and it just gets better every year. It is a joy to share the experience of this fabled region, a crossroads of medieval history, the cradle of the Renaissance, land of artful, soulful living. We are excited to be adding a couple of MELT classes to the schedule so you can experience this fascinating and effective self-care practice that is gentle and so complimentary to yoga.

You will immerse yourself in a Dynamic Gentle Yoga retreat while exploring the sights and tastes of Tuscany. Enjoy a magical week of loving yourself and loving life with twice daily yoga, an introduction to MELT, stunning scenery, exceptionally excellent food, gracious hospitality, pure fun, belly laughing, and well-organized adventures.

Home base for our week in Tuscany is the boutique retreat, Il Borghino, a secluded hilltop retreat center with magnificent views of Lucca and the mountains beyond. Designed to maintain the original character of a small

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village, while still being both comfortable and modern, Il Borghino has been meticulously restored with energy efficiency and a concern for the environment in mind, using all natural materials such as wood, marble and terracotta.

Nestled amongst the Tuscan hills, close to the enchanting city of Lucca, time moves slower here; an afternoon can easily be lost drifting through the olive groves or snoozing by the pool. The natural surroundings and secluded setting create an atmosphere of calm and stillness, ideal for our relaxing yoga holiday.

Il Borghino's convenient location also allows for easy travel to some of Italy's most picturesque historic towns: Lucca, the secret gem of Tuscany; the colorful villages of the World Heritage site of the Cinque Terre; Pietrasanta, the city of artists; Barga, a charming medieval hilltop village.

We will greet each day with smooth, soothing Dynamic Gentle Yoga with Rudy. After a delicious, healthy breakfast, some of the on-site or nearby options during the week include relaxing "Under the Tuscan Sun," poolside, taking a guided or solo hike, enjoying a walk down the road to a local small winery and olive oil producer for wine-tasting and tour, or enjoying our own special hands-on cooking class with Yoga in Italy's own chef Maria Angela to participate in preparing our lunch and a special dessert! Your week of self-care also includes two MELT classes, introducing the foot and hand treatments of this revolutionary method that simulates hands-on therapeutic techniques.

We have a fabulous week of off-site activities planned, and be assured everything is optional so that you can customize your experience to your energy needs. We have an easy bike and walking tour of the charming nearby Lucca (<http://lucca-italy.org/>) early in the week. Mid-week we have an all-day excursion to sensational Cinque Terre (the Five Lands), spectacular, vividly colored villages nestled into cliffs overlooking the Ligurian Sea. Other optional activities include, heading into Lucca for an evening of Puccini, and trips to Pietrasanta or Barga.

Gentle Yoga and MELT in Tuscany

September 22 - 29, 2018

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Afternoons are generally spacious free time, then afternoon Gentle Yoga with Rudy, following our “hard day,” and lastly, fabulously fresh vegetarian Tuscan cuisine for dinner. If you are not vegetarian and are concerned about feeling satisfied without dense protein, be assured that the meals are so satisfying and delicious that our guests have rarely missed having meat in their diet. And there are plenty of high protein options when eating out in Lucca and on Cinque Terre day. We do have scrambled eggs for breakfast each day.

You may wish to visit the Il Borghino website for more information on our retreat venue: <https://www.borghino.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.

Books that are helpful for orientating to Italian culture: *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 society up to the 1990s.

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

Your hosts,
Rudy & Joyce Peirce

rudy@gentleyogi.com
info@gentleyogi.com

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Reservations:

The total cost for “Gentle Yoga and MELT in Tuscany 2018” (the “Retreat”) is \$2489 per person Double occupancy with private bath.

\$2289 per person Double occupancy room with shared hallway bath

- ✓ \$800 deposit per person will secure space until the retreat is filled
- ✓ Balance due on or before July 1, 2018.

Very Early-bird discount, deposit postmarked by Feb 1, 2018: \$300 per person.

Early-bird discount, deposit postmarked by April 1, 2018: \$200 per person.

Please make deposit in the amount of \$800 per person regardless of discount.

We have a payment plan allowing you smaller payments that are easy to budget.

Retreat Price Includes

Yoga: Morning and afternoon yoga daily except on the day we go to Cinque Terre.

Two MELT classes: An introduction to the MELT hand and foot treatments, a fascinating self-treatment that reduces chronic stiffness and pain, decreases inflammation, and more. A perfect (if not essential) companion to yoga practice. See selfcaremoments.com and meltmethod.com for more information. If you are interested in learning the roller treatments, contact Joyce at info@gentleyogi.com

Accommodations: Double room with shared hallway bath or double room with private bath. Linens and towels are provided with a towel change mid-week. Towels are also provided for swimming pool use.

Meals: Three delicious vegetarian meals per day except for one dinner (on the Sunday evening we go into Lucca for the optional activity of a Puccini performance) and lunch in Cinque Terre. For these meals, guests are free to make their own plan or join the group at our favorite restaurants, Cantine Bernardini in Lucca, which has unbelievable bread and Ristorante Belforte in Vernazza which has great food and a fantastic view. Also provided is fresh juice at breakfast (a different delicious combination each day), unlimited fruit, water, and herbal teas throughout the day and wine from the estate at dinner.

Gentle Yoga and MELT in Tuscany

September 22 - 29, 2018

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Internet access and mobile phone reception:

WIFI Internet access is available at Villa Il Borghino. However, as we are in the countryside, mobile phone reception can be intermittent. While we recognize the need to stay in contact with friends and loved ones during your retreat, we encourage guests to enjoy this opportunity to leave their virtual world behind and enjoy the moment.

Making and receiving phone calls in Italy

You will 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. In addition, 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.

The following website may be a good starting place to figure out what you'll want to do. We also recommend calling your provider and asking what the options are for your current phone. <https://thesavvybackpacker.com/smartphones-data-plans-abroad-europe/>

Washing facilities: Washing machines and drying racks are available on-site so you can freshen your wardrobe if needed.

Swimming pool: A gorgeous saltwater pool is a centerpiece at Il Borghino and is available to you morning, noon, and night, but can be rather cool in late September.

Turkish Sauna/Steam Room: One complimentary session for the group. Thereafter the cost is €70 per 3hr session. Timing is decided by the group.

Excursions: Excursions are planned to Lucca and Cinque Terre, schedule dependent on weather. The transport and tour fee for Lucca is included. The transport fee to and from Cinque Terre is included. We recommend that you budget about €250 for other transportation needs and/or meals during optional activities, the cooking class (€30), massages, and other optional excursions.

Lucca pick-up/drop-off: Transfers to and from the train station in Lucca to Il Borghino at the start and finish of the retreat are included (i.e., one scheduled pick-up and one scheduled drop-off).

Pick-up: Saturday, September 22 at 3:30 – 3:45 at Hotel Rex at the Lucca Train Station or at Lucca Tourist Information Office in Piazzale Verdi where buses arrive. One location will be determined once itineraries have been established.

Check-out: Saturday, September 29 at 9:30am.

Drop-off: Saturday, September 29 at 10:00 am

Gentle Yoga and MELT in Tuscany

September 22 - 29, 2018

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Retreat Price Does NOT Include: Airfare, transportation to Lucca, passports, meals in transit or outside of Villa Il Borghino, dinner in Lucca, lunch in Cinque Terre, the cooking class (optional), wine tasting tour (optional), massages (optional), gratuities, or any items of a personal nature. Tips of 10% – 20% for good service are expected for taxis, tour guides, bus drivers and the villa staff at the end of the program. Wait staff at restaurants are not traditionally given a tip, but leaving a coin of one or two Euros is appreciated. *If you have questions about how much to budget for these expenses let us know and we can help.*

Important travel information and planning suggestions

Your Flight

You may choose to fly into Firenze/Florence, Pisa, or Rome. Either way, you will need to take a bus, train, or taxi to Lucca and meet us at the train station or Tourist Info Office on Saturday, Sept. 22, at 3:30pm. If you are renting a car in Italy and wish to drive directly to Il Borghino that is fine. If you plan to fly home from Florence directly after our retreat, it is best to book a return flight that leaves Florence after 3:30PM on Saturday 9/29. Otherwise you will need to have your own rental car or have a taxi take you from Il Borghino to the airport in Florence (cost is around €150).

Guests sometimes choose to spend a few days or more in Italy before and/or after the program. If you have not previously traveled in Italy, we recommend flying in and out of Florence and basing your holiday from there. We feel it has the most to offer of the Italian cities yet is still manageable and not far from Lucca. Of course there are many other special destinations depending on how much time you have and your specific interests: Venice, Siena, San Gimignano, Volterra, Assisi, Verona, Sorrento, Sicily, Rome, etc. Italy is the most popular vacation destination in the world so there are plenty of options!

The airport in Florence is international, but does not handle the large trans-Atlantic jets. Therefore, you would fly in and out of Florence through another European city. You'll see this when you research flights. You can, however, fly directly into Rome and Pisa with Pisa being the closest to Lucca. Then the bus from Pisa to Lucca makes the most sense.

Most of our past guests have researched their travel online and booked their own flights, however travel agents do still exist. If you are booking your own flights, be aware that **often there is a brief price drop about 6 months in advance**. So, we recommend planning your trip in February then watching flight prices on a weekly or bi-weekly basis (which can be done automatically from Kayak).

Gentle Yoga and MELT in Tuscany

September 22 - 29, 2018

with Rudy & Joyce Peirce

For online flight shopping you may want to start at 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). If you go directly to some of the other search engines they may have additional flights listed as well. Therefore, after checking pertinent options on kayak.com, we recommend doing a few comparisons by checking www.bookingbuddy.com, then www.hotwire.com and maybe a couple others. Each year there are some new options. This is our current information.

Lodging in Florence or any other city you plan to visit before or after our retreat:

Shopping online for your accommodations is the best way to see your options. Sites we have used recently are: booking.com, and tripadvisor.com. You can explore by location, quality and price. I have found that with some patience, I was able to sort through and find satisfying options. We will send more specific lodging recommendations with the confirmation of your deposit.

Your Train options on Saturday:

The Italian train system, Trenitalia, website, trenitalia.com lists fares and schedules. In Italy you can purchase train tickets in advance, insuring that you get a seat. For the regional trains from Florence to Lucca, it isn't necessary to book in advance. Seats are not allocated so you can just buy your ticket when you get to the station and jump on board (making sure you validate the ticket in the machines at the platform beforehand). Some tickets may be purchased on-line. The Trenitalia website, won't let you look up timetables more than 3 months in advance. But the times don't change that much so just choose any Saturday for a reference.

From Firenze SMN (Florence Santa Maria Novella) Train Station to Lucca Train Station: Coming from Florence train station, allow at least 1.5 - 2 hours of train travel. To meet the pick-up at 3:30 take either the 12:38 or 13:10 train from Florence – arriving in Lucca around 14:30. The next train at 13:38 – though it gets into Lucca at 15:23 (3:23pm) - doesn't really allow any buffer for delays or operating on “Italian time!”

Gentle Yoga and MELT in Tuscany

September 22 - 29, 2018

with Rudy & Joyce Peirce

Here's a sample Saturday schedule from Florence to Lucca:

Partenza	Arrivo	Durata	Treno	Offerta	Prezzo
12:10 Firenze S. M. Novella	13:29 Lucca	01:19	Regionale 3056	Ordinaria	a partire da 7,50 €
12:28 Firenze S. M. Novella	14:09 Lucca	01:41 Cambi: 1 Vedi ▼	Regionale 3123	Ordinaria	a partire da 9,60 €
			Regionale 6769	Ordinaria	
12:38 Firenze S. M. Novella	14:23 Lucca	01:45	Regionale 3058	Ordinaria	a partire da 7,50 €
13:10 Firenze S. M. Novella	14:29 Lucca	01:19	Regionale 3060	Ordinaria	a partire da 7,50 €
13:38 Firenze S. M. Novella	15:23 Lucca	01:45	Regionale 3062	Ordinaria	a partire da 7,50 €

From Rome Airport (Fiumicino) to Lucca Train Station (Via Florence)



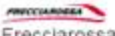
If you are flying into Rome (Fiumicino airport) then you will need to first take the **Leonardo Express** train from the airport to “Rome Termini” Train Station. Then you need to take a **fast train** from Rome Termini to Florence, followed by a **regional train** to Lucca. Seats are allocated on the fast trains, so it would be wise to book all three legs of the train journey in advance. Coming from Rome Airport, you need to allow 4 – 5 hours of train travel. I would suggest taking the 10:27 or 11:08 train from Rome airport arriving in Lucca by 14:29 or 15:17. There are actually two trains leaving Rome airport at 11:08 – one of them involves just one change in Florence which is a little bit easier, but it doesn't get in to Lucca until 15:23 (3:23) so it could be a bit risky time-wise, if there are delays.

Gentle Yoga and MELT in Tuscany

September 22 - 29, 2018

with Rudy & Joyce Peirce

Here's a sample Saturday schedule from Rome to Florence to Lucca:

09:27 Fiumicino Aeroporto	13:29 Lucca	04:02 Cambi: 2 Vedi ▼	Regionale 22027	Ordinaria	a partire da 59,50 € >
			 Frecciarossa 9520	Base	
			Regionale 3056	Ordinaria	
09:57 Fiumicino Aeroporto	14:23 Lucca	04:26 Cambi: 2 Vedi ▼	Regionale 22031	Ordinaria	a partire da 59,50 € >
			 Frecciarossa 9418	Base	
			Regionale 3058	Ordinaria	
10:27 Fiumicino Aeroporto	14:29 Lucca	04:02 Cambi: 2 Vedi ▼	Regionale 22035	Ordinaria	a partire da 59,50 € >
			 Frecciarossa 9526	Base	
			Regionale 3060	Ordinaria	

Gentle Yoga and MELT in Tuscany

September 22 - 29, 2018

with Rudy & Joyce Peirce

Retreat Participant Agreement Terms and Conditions

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

Cancellations/Refunds: All requests for cancellation must be submitted **in writing** to the Retreat Organizer and are subject to processing according to the date listed below. Regardless of the reason, cancellations result in additional costs and processing time for the Retreat Organizer.

The following charges will be assessed for cancellations:

Before April 1, 2018, 25% of deposit (\$200) plus \$100 cancellation fee (\$300 total)

Before June 1, 2018, 50% of deposit (\$400) plus \$100 cancellation fee (\$500 total)

After June 1, 2018, complete deposit.

If the participant leaves the Retreat prior to its conclusion, refunds will not be made for the unused portion of the Retreat. No refunds will be made for any excursion, meal, yoga class, workshop or other activity that the participant misses or decides not to participate in for any reason. The Retreat Organizer reserves the right to cancel the Retreat prior to departure. If such cancellation is NOT due to circumstances beyond the Retreat Organizer’s control, as set forth below, the Retreat 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 Retreat Organizer is able to recover any Retreat-related sums. In the event of cancellation arising from circumstances beyond our control, as set forth above, Retreat-related sums recovered by the Retreat Organizer will be distributed equitably to the participants after the Retreat Organizer deducts all out-of-pocket costs and related expenses.

It is required that participants purchase Travel Insurance. The Retreat Organizer is not responsible for expenses, including but not limited to lodging, meals and transportation, incurred for delays and/or detentions beyond the retreat schedule as a result of circumstances beyond our and/or our suppliers’ control such as war, etc. as set forth above.

Initials _____

Initials _____

Gentle Yoga and MELT in Tuscany

September 22 - 29, 2018

with Rudy & Joyce Peirce

Retreat Participant Agreement Terms and Conditions (cont.)

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

Smoking is not permitted in vehicles, at meals, inside the buildings or yoga space.

The nature of the Retreat is not suitable for children.

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 to ensure that they have adequate medical coverage. Participants must carry health insurance documentation while on the Retreat.

Photographs/Videotapes: The Retreat Organizer reserves the right to use any photographs, recordings, or videos taken during the Retreat in advertising, displays, publicity materials, and publications without obtaining further consent from any participant. Each participant releases the Retreat 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 Retreat Participant Agreement, agrees that the Retreat 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.

Initials _____

Initials _____

Gentle Yoga and MELT in Tuscany
September 22 - 29, 2018
with Rudy & Joyce Peirce

Retreat Participant Agreement Terms and Conditions (cont.)

The participant agrees to assume all risks associated with the Retreat and agrees that no liability will attach to the Retreat Organizer, its employees or agents, or to any member of the Retreat 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 Retreat, howsoever caused.

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

Travel Insurance: The liability of common carriers (airlines, trains, buses, boats) is generally limited, therefore, *we strongly suggest that participants purchase travel insurance*. We recommend that you Google travel insurance international and take time to research the options available. In the past, we have used travelguard.com and most recently squaremouth.com, buying CSA Travel Protection. Price: \$128 for two. Policies typically cover common issues like travel delay, baggage delay, baggage and personal items loss, missed connection as well as more unusual events like trip cancellation, trip interruption, weather and more. It's also helpful to know what your credit card covers on travel purchased with that card.

For the benefit of everyone on your retreat, the Retreat Organizer reserves the right to accept or reject any Retreat 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 Retreat, it may, without any obligation to pay a refund or any other amount whatsoever, expel such participant from the Retreat. The Retreat Organizer will have no responsibility or liability for any participant who leaves the Retreat prior to its conclusion or for any activity undertaken by any participant that is not included on the Retreat schedule.

Please retain a copy of Trip Participant Agreement (pgs. 10, 11, 12) for your own records.

Initials _____

Initials _____

Gentle Yoga and MELT in Tuscany
September 22 - 29, 2018
 with Rudy & Joyce Peirce

Retreat Participant Agreement Terms and Conditions (cont.)

I/we have read and understand the foregoing **Retreat** Participant Agreement for: “Gentle Yoga and MELT in Tuscany, Sept. 22 - 29, 2018” and, by signing below and making my payment as set forth below, agree to the terms thereof.

RESERVATION: Please reserve space for (Print Legibly):

	Name exactly as it appears on passport:	Name you prefer to be called:
Participant		
Participant		

Please check your preference:
 Double room w/shared hallway bath
 Double room w/private bath

Choose one:
 separate beds
 twin beds together (=king size)

Signature _____ Date _____

Signature _____ Date _____

Mailing address _____

City _____ State (Province) _____

Country _____ Zip or Country Code _____

Mobile or home Phone: Name _____

Mobile or home Phone: Name _____

Email address _____

Email address _____

Name of First Emergency Contact _____

Phone: Days _____ Evenings _____ Mobile _____

Name of Second Emergency Contact _____

Phone: Days _____ Evenings _____ Mobile _____

PAYMENT:

Send check or money order for \$800.00 per person made out to Rudy Peirce.

Balance due with deposit made by Feb 1st will be reduced by \$300, very early bird discount.

Balance due with a deposit made by April 1st will be reduced by \$200 early bird discount.

Please *initial each page* (p 10, 11, 12) of the Retreat Participant Agreement.

Return the *entire* Retreat Participant Agreement by U.S. mail to:

Rudy Peirce, PO Box 467, Housatonic, MA 01236