

Yoga Retreat in Tuscany, Italy

2nd to 9th September 2028

Locanda Cugnanello



Locanda Cugnanello is an amazing yoga venue in central Tuscany.

Set on a hill overlooking beautiful lavender fields and surrounded by magical landscape with enchanted medieval residences.

Locanda Cugnanello offers everything you desire for a perfect yoga retreat. It has been completely renovated whilst retaining its Tuscan charm. The rooms are individually styled and in balance with the environment. Nutritious vegetarian meals are freshly prepared using using local produce. Yoga can be practiced inside the air conditioned yoga room , or outside under cover providing shade.



Your teacher Gillian Cawte

Gillian has practiced yoga since 1999. A member of British Wheel of Yoga and Senior Teacher with Yoga Alliance UK

Her current teachers, with whom she continues her training with are Paul and Suzee Grilley on whose programmes Gillian has gained over 1500 hours of training and completed their Yin Yoga Level 5 Diploma Teacher Training Course.

Gillian teaches classes in Didsbury, Manchester. She also runs the British Wheel of Yoga "50 hour Yin Yoga Training Module". Gillian's teaching style incorporates Hatha Yoga with flows and yin. She encourages her students to feel their poses rather than focusing on the aesthetics of the pose. Gillian emphasises how each individual student can respect and tune into their own unique body. She explains how poses are performed and likes her students to be comfortably challenged. Gillian encourages her students to take yoga off their mats and into their daily lives, focusing on Buddhist principles.

Gillian has run twenty five successful yoga retreats in various European countries.



Activities and Excursion

There are numerous secluded walking trails through the naturally beautiful Tuscan countryside. The large swimming pool offers students a relaxing dip whilst soaking up the Tuscan sunshine. With plenty of sun loungers and shade to enjoy reading, writing, painting or relaxing. For the more active, there are two gyms with enough equipment to satisfy any 'gym bunny'. There is a massage room to help ease your muscles. Horse riding can be arranged locally. During the week there will be an opportunity to attend a cooking lesson and wine tasting which is included in the fees. After breakfast on Wednesday a day trip to Sienna is organised. We will be back in time for dinner.



Daily Programme

First evening - Dinner

Morning

8.30 to 9.00 Meditation

9.00 Breakfast

11.30 - 13.00 Yoga

13.00 Lunch

Afternoon

Free to enjoy yourself

17.00 to 18.30 Yin Yoga

19.30 Dinner, including wine,

Excursion

On Wednesday a trip to Sienna after meditation and breakfast, back for in time for dinner.



Fees and Terms *(Can be paid in instalments)*

£ 1800 per person in a shared twin room with en suite

£ 1900 per person in a large suite with separate bedrooms, sharing en suite

£ 2100 per person in a junior suite, single (double bed) with en suite

Included

All Yoga and Meditation classes and exclusive use of equipment and yurt
Transfers to and from Pisa airport. To be coordinated with flights arriving by 14-30 pm.

Transfer time about 1 hour 40 minutes.

Beyond these times you need to organise your own transfer.

Alternatively you may wish to hire a car.

7 nights accommodation with full board including wine at dinner. Also included in price are a cooking course and wine tasting.

Tea, herbal teas, coffee, spring water, fruit and snacks available during the day.

Not Included

Airfares, there are direct flights to Pisa from most UK airports

Excursion to Sienna

Travel insurance required, also please bring a valid EHIC (E111) card

Massages and treatments are available

A non-refundable deposit of £250 will secure your place. Second deposit of £250 payable by 1st February 2028.

The retreat will run if a minimum of 10 students have paid the deposit by November 2027

Deposit is non-refundable if the retreat runs. The balance is payable by 1 July 2028.

For more information, booking conditions and to reserve your place, please contact

Gillian Cawte

Email: gilliancawte@hotmail.com

Tel: 0796 815 4525

Web: www.gilliancawteyoga.co.uk

Retreat Website: www.locandacugnanello.com