

# A FANTASTIC OPPORTUNITY TO COMBINE ART AND YOGA

Stay at the beautiful Casa Mimosa, Abruzzo, Italy.

June 7<sup>th</sup> – June 11<sup>th</sup> 2010



This is a unique opportunity to try your hand at two very different leisure activities, surrounded by the stunningly beautiful rural landscape of Abruzzo, in luxury en suite accommodation.



Our yoga teacher, Steph has been practising yoga for 12 years and teaching since 2000. She has studied many forms of yoga including Sivananda, Integral, Iyengar and Astanga and is qualified in Thai Yoga, Swedish and Indian Head massage.



Our resident artist, David Napp, is internationally acclaimed and has successfully exhibited for over twenty years, well-known for his highly individual and distinctive oils and pastels. David's courses are loved because of his relaxed approach and sense of humour. He will take you to somewhere near Mimosa for your lessons, making it easy to walk back in time for a large glass of cold rose' wine and sumptuous lunch!



**Itinerary: Arrive Monday 7<sup>th</sup>.** You will be met at the airport and brought to Mimosa. After lunch there is time for swimming and sunbathing before your first yoga session. Afterwards you can chat to both of your instructors for the stay, Steph and David. Drinks and supper will be served on the veranda watching the sun set over the Gran Sasso mountain range.

**Tuesday, Wednesday and Thursday:** Breakfast between 8-9am. 9.30am **on location with David.** Lunch at Mimosa at 1.30pm. The afternoon can be spent sunbathing, relaxing and enjoying the pool or you can go back to your art location to work on the lesson of the morning. 5.30pm a 1 ½ hour **Yoga session with Steph.** On the terrace absorbing the breathtaking beauty of the area. All mats and blocks are provided. After yoga, drinks and nibbles are served on the veranda followed by supper. On the Thursday night there is a meal out at a local restaurant, several courses of local delicacies and all the wine you want! **Friday:** Early breakfast and then you will be taken to the airport for a homeward bound flight.

**£395 for the whole break, all accommodation (based on 2/3 friends sharing), airport transfers, lessons, meals and wine included in the price.**

**To book the limited offer (max 12 places) please call 01264 810171 or email [office@houses-in-italy.co.uk](mailto:office@houses-in-italy.co.uk)**

This itinerary is based on Ryanair flights from Stansted to Pescara, these maybe subject to change depending on Ryanair.