

A YOGA ADVENTURE on  
the AMALFI COAST in RAVELLO, ITALY!!  
JUNE 8-17, 2015



Dear Friends and Yogis,  
Last summer I hosted one of the most amazing yoga retreats of my life in Ravello, Italy, situated on the Amalfi coast of Italy. It was divinity personified and, other than India, the only place I can imagine returning again and again. It is the ultimate place to blend yoga, meditation, relaxation and holiday.

This summer I will return and invite you to come. Only eight rooms are reserved and deposits on the rooms must be in by January 28. Villa Maria where we will stay is to the Amalfi coast what Ashtanga is to India -- authentic and to be revered -- and the rooms can be held for us no later than January.

Naples is the closest place to fly into and a car service can pick you up and deliver you to Villa Maria or you may choose to rent a car and enjoy the adventure of driving!

Below are links to Villa Maria, our excursions and many photos from last summer's trip. I hope to enjoy 10 resplendent days together with you in Italy!

Villa Maria -- Where we will stay, have meals and soak up the setting:

<http://www.villamaria.it/history-eng.aspx>

Villa Giordana -- in walking distance from villa Maria with a huge swimming pool for our enjoyment:

<http://www.giordanohotel.it/history-eng.aspx>

Villa Eva -- Where we will do yoga:

<http://www.villa-eva.it/villa-eng.aspx>

Walk of the Gods -- One of our excursions:

<https://www.summerinitaly.com/guide/walk-of-the-gods>

#### COST:

1. Superior Room based on Double Occupancy - \$3169.50/person  
or
2. Standard Room based on Double Occupancy - \$2855.00/person

If you are traveling with any children, the rooms have a pull out sofa that is very comfortable and there is no extra charge except for meals. Let me know and I can get a quote for meals.

Gabriel came with Christian and me last year and he LOVED the trip. There is also a babysitting service available.

#### YOUR RETREAT INCLUDES:

- 1) 7 morning Ashtanga yoga classes; 2) 7 evening meditation classes; 3) 5 three course dinners at Villa Maria; 4) breakfast each morning; 5) Walk of the Gods; 6) Cooking class with Chef Vincenzo; 7) all day boat trip cruising the Amalfi Coast; 8) your stay at Villa Maria.



## PICTURES FROM LAST SUMMER

The courtyard at our hotel,  
Villa Maria

Our group cruising the coast.





The view from our yoga classes.

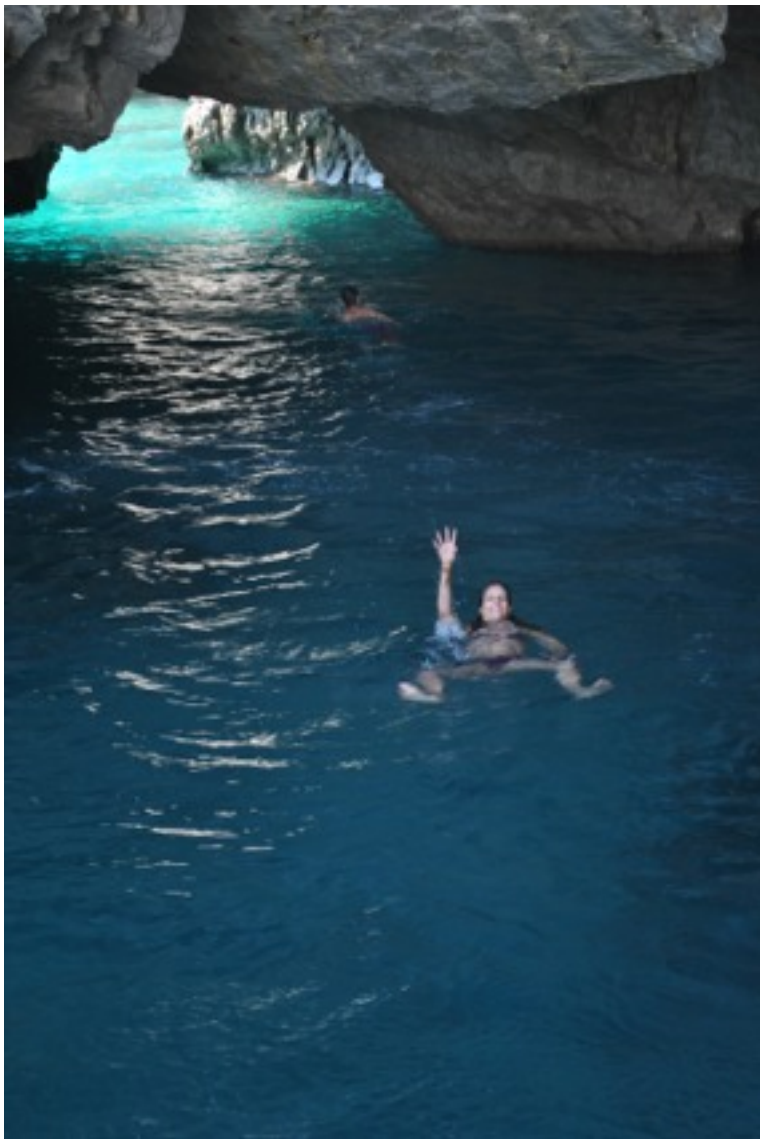


Cooking class with Chef Vincenzo.



Enjoying the fruits of our labors!





Nicole on her way through a grotto.

A home in Ravello.





Gabe blowing farts on a friend's belly at a nearby beach.

The island of Capri from our boat.



Nearby beach.



Gabriel Living the Life with new friends!







On our way to Positano.



Positano street.

