

Where

Il Tesoro, Acquapendente, Italy, is an intimate retreat nestled in the heart of the Italian countryside at the crossroads of Tuscany, Lazio, and Umbria.

Built in 1932, the family-run farm-to-table center offers carefully curated villa style accommodations that preserve the culture and ambience of Italy. The warm, attentive staff make every effort to see that your stay is perfect.



Join us

A week-long retreat offering community, adventure, and laughter along with food, culture, yoga, and meditation in the heart of the Italian countryside.

Savor the beauty, warmth, and history of Italy while finding the artistry and balance within inspired by the surroundings.

Bellissimo Yoga!

A Yoga Retreat in the heart of Italy
at Il Tesoro Acquapendente

Join Melanie Psaltakis & Sharon Neubauer

June 21-27, 2020

Restore. Balance. Taste. Experience.



What to Expect

- Daily slow flow and hatha Yoga as well as meditation classes (all levels) to replenish your spirit, touch your heart, and find balance in this exquisite environment.
- Day trips to the medieval hill towns of Orvieto and Civita de Bagnoregio, plus a trip to a Tuscan hill town for a cheese and wine tasting.
- Visit to Acquapendente's thriving market in the square.
- Yoga in the enchanted Bosco Sasseto.
- Visit the BAMA (Bottega Artigiana Maioliche Artistiche) art center where skilled craftsmen make ornamental ceramics, pottery, and majolica tiles that are exported world-wide.
- Enjoy the best of Il Tesoro: farm-to-table meals, a picnic in the olive grove, wellness services, and poolside lounging.



Registration Information

\$2,995 per person, double occupancy, if deposit paid by Early Bird date of October 15, 2019;
\$3,095 after October 15, 2019

\$3,995 per person, single occupancy, if deposit paid by Early Bird date of October 15, 2019; single occupancy is very limited and must be secured by October 15, 2019.

Included: Housing, excursions, guides, activities and most meals, all yoga, and airport transports between Rome and Il Tesoro.

Not Included: Tips, airfare, and trip insurance.

Find Out More!

For detailed information on the retreat go to:
opusyogakentlands.com/yoga-retreats/



Leaders

Melanie Psaltakis E-RYT 500, YACEP, believes



that a yoga practice should create strength, flexibility, endurance, and balance—both on the mat and off the mat. As a longtime student and teacher, she is guided by the essence of traditional yoga teachings, the training she's received from many modern talented teachers, and her own insightful and spirited life force. Her slow-flow practices are effective, relevant, and transformative.

Sharon Neubauer E-RYT 500, YACEP, has been



teaching Yoga for two decades. She trained primarily with John Friend and holds a certification in Anusara Yoga. In smaller amounts, she has also studied Iyengar Yoga, Acting, Voice, Mindfulness, Kabbalah and Feldenkrais Method. Yoga has guided her toward a path of making choices that connect to her deepest intention to affirm the goodness and inner wisdom within everyone. She teaches with compassion, playfulness, and a lively sense of humor.

