

WISDOM RETREAT

A woman in a yoga pose, possibly a variation of the Tree Pose (Vrikshasana), is the central focus. She is wearing a dark top and light-colored pants. The background is a warm, golden sunset or sunrise over a landscape. In the foreground, the silhouette of a castle or a hill with several tall, thin cypress trees is visible. The overall mood is serene and transformative.

A TRANSFORMATIONAL WOMENS YOGA
RETREAT TO OLD WORLD ITALY

AT DON'T SWEAT IT: LET GO AND FLOW WITH
KRISTINE CARLSON AND ALISSA BROWNRIGG SMALL
May 1 - May 8, 2016 • Locanda del Gallo, Italy

Hey there,

Thank you so much for expressing interest in our transformational Women's Wisdom and Yoga spring retreat. It is our deepest desire to create a powerful retreat of women that are all about adventure, fun and living our most vibrant lives. Are you ready to kick off 2016 with plans for a trip to Italy?

You may remember that about a year and a half ago, my friend Christine and I co-led a receive retreat and found this wonderful spot in Umbria, mid-way between Florence and Rome—Villa Locanda del Gallo. Alissa Brownrigg Small, certified yoga and health instructor, attended as a participant last time but is returning this year as my co-leader.

Don't Sweat it: let go, flow, and glow girl! Let's have some fun Italian style...

We (Alissa and I) fell in love with the pristine beauty of this villa. It's the perfect place to create a magical and memorable retreat that is all about letting go and being in the flow, celebrating what it means to live our most luminous life and boosting our health and wellbeing with a serious focus on fun.

Here's some of what's planned: Morning meditation and gratitude practice, daily gentle yoga with Alissa, interactive wisdom circles of enlightening conversation and sharing, ecstatic dance & hiking, a cooking class, a visit to a local weaver, plenty of good Mediterranean food and wine, laughter and special adventures in the outside markets and surrounding towns of Arezzo and Assisi. Massage will be available on site, as well as plenty of down time in the Jacuzzi or spa, or time to rest and journal and read.

Mostly, we just want to celebrate women with women and have a great time enjoying one of the most enchanting places on earth! Viva l'Italia!

If this piques your interest, read on and consider joining us on May 1-8.

This early bird inner circle offer will last until March 1, 2016.

Treasure the gifts of life and love,
Kris and Alissa



What:

2016 Italy Yoga and Wisdom for Women Retreat:
Don't Sweat it: Let go and flow in Italy 2016!

When:

Arrive Sunday, May 1 thru Sunday, May 8 (departure)

Hosted by:

Kristine Carlson – Don't sweat the small stuff-Live the Big Stuff
Alissa Brownrigg Small – Certified Yoga Instructor
<https://letsglowgirl.wordpress.com/about/>

Location:

Locanda del Gallo – <http://locandadelgallo.it/>

A country house bed and breakfast located in the peaceful Umbria hills between Gubbio and Perugia. This luxury, boutique hotel is immersed in nature. Enjoy the green hills, gardens, silence, and extreme relaxation in the wellness centre with salt water swimming pool, jacuzzi spa and massage facilities.

Locanda del Gallo features 10 rooms set up to share with a roommate or two, all with private bathroom, each equally fresh and silent, each different from one another. The furnishings adorning every room were all hand-picked and brought back one by one from many distant journeys made by owners, Paola and Irish.

You will fly into Rome and be directed from there after you apply and register for the retreat.





What's Included:

- **Our “let go and flow” experience** of Italy at Locanda del Gallo includes:
- **Daily Meals prepared by Locanda del Gallo chef** - Organic tomatoes, salad leaves and vegetables from the kitchen garden. Olive oil from the olive grove, aromatic herbs from the garden, yogurt, cakes and home-made breads. In the finest traditions of Mediterranean cuisine everything is natural, everything is genuine.
- **Women’s Wisdom Circles with Kristine Carlson and Alissa Brownrigg Small** on Women’s health and well-being and spiritual wisdom and practical everyday wisdom for living vibrantly.
- **Daily morning meditation** and thought for the day with Kristine Carlson
- **Daily Yoga:** a gentle self pace practice plus Restorative Yoga with Alissa Brownrigg Small, Certified Yoga Instructor, in a serene yoga room featuring breathtaking views.
- **Chef Cooking Class** with Locanda del Gallo Personal Chef
- **Explore Nature** – explore the many quiet paths and by-ways on the 28 acres surrounding the Locanda del Gallo
- **Visit local weaver** – A pleasant ten minute walk takes you to Renza’s hand weaving work shop where you can learn the about the art of hand looming and dyeing fabric with vegetable dyes.
- **A night of entertainment** by local musicians
- **Ecstatic dance**

Our day trips Include:

Transportation to:

- **Gubbio Open Market**
- **Assisi and Castle Cantine Aliani Winetasting**
- **Arezzo-shopping**



The Cost:

DOUBLE OCCUPANCY ROOMS

\$3100. per person all inclusive except for airline reservations and transport to and from the Villa.

SUITES (3- PEOPLE)

\$2900. per person all inclusive except for airline reservations and transport to and from the Villa.

~ 15% Discount if booked and paid in full by by March 1, 2016

~ Otherwise, four Payments may be made by your credit card and will be scheduled with Carole Foley Stewart. Must be paid in full one week prior to the start of the retreat by April 23.

To get this early bird pricing, you must pay in full by March 1st.

(Discount does not apply to “Bring a Friend” package price.)

(Discount only applies to full paying applicants.)

The first payment of \$500. Is non-refundable and no refunds will be made after the second payment. Cancellation is not an option once you've paid in full—there are no refunds.

YES I WANT TO SIGN UP

CONTACT KRIS'S ASSISTANT, CAROLE AT INFO@KRISTINECARLSON.COM



