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## Yin Yang Yoga Retreat with Truly Italy

May 25, 2024 - Jun 1, 2024

**\$3999 per person**

What's not included:

- Airfare
- Travel Insurance
- Transport from airport to Camporsevoli

## Trip Summary

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### May 25 - Saturday

3:00 PM Pickup at Train Station  
 4:00 PM Check in at Camporsevoli  
 6:00 PM Welcome Aperitivo

### May 26 - Sunday

Yoga/Pilates  
 8:00 AM Breakfast  
 9:00 AM Welcome to Tuscany with Katie & Camporsevoli Museum Visit  
 Visit to San Casciano dei Bagni  
 Lunch at Il Poggio  
 Free Time (walk, sit by pool, take a nap)  
 Dinner at Le Capanne

### May 27 - Monday

Yoga/Pilates  
 8:00 AM Breakfast  
 Meeting with the Mayor of Cetona  
 Visit Cetona  
 Cantina La Frasca Wine-Tasting and Tour  
 Free Time (walk, sit by pool, take a nap)  
 Dinner at Le Capanne

### May 28 - Tuesday

Yoga/Pilates  
 8:00 AM Breakfast  
 Bagni San Filippo - Hot Springs  
 Lunch - Ristorante La Grotta, Radicofani  
 Free Time (walk, sit by pool, take a nap)  
 Dinner at Le Capanne

### May 29 - Wednesday

Yoga/Pilates  
 8:00 AM Breakfast  
 Ravazzi Wine-Tasting & Tour Or a Full Day in Florence(by train)  
 Free Time (walk, sit by pool, take a nap)  
 Dinner at Le Capanne

### May 30 - Thursday

Yoga/Pilates  
 8:00 AM Breakfast  
 9:00 AM Market Visit in Cetona  
 Citta delle Pieve Visit  
 1:00 PM Lunch - Poggiovalle Ristorante, Citta delle Pieve  
 Free Time (walk, sit by pool, take a nap)  
 Dinner & Cooking Class with Fernanda

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## May 31 - Friday

Yoga/Pilates

8:00 AM Breakfast

10:00 AM Lunch in the Vineyard

Montepulciano

Free Time (walk, sit by pool, take a nap)

Dinner at Le Capanne

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## June 1 - Saturday

8:00 AM Breakfast

10:00 AM Check out at Camporsevoli

Transfer to Train Station

## May 25 - Saturday



**3:00 PM** - Central European Summer Time  
**Pickup at Train Station**



**4:00 PM** - Central European Summer Time  
**Check in at Camporsevoli**

ROOM / BED TYPE

**5 bedrooms/5 baths**

This is the largest accommodation offered in Camporsevoli. It is the house where Ada was born, the irreplaceable woman who has taken care of us since we were born and who still prepares her outstanding tagliatelle for us once in a while. If our guests like – and she is feeling generous – she might be willing to teach them her secrets.

Like many farmhouses, Le Capanne has been expanded at various times, and consists of three floors perched on the hillside. This means that its layout is irregular, offering a great deal of privacy, if desired.

Over 500 m<sup>2</sup> (5400 sq. ft.), it is located on the road that leads up to Camporsevoli, one kilometre below the hamlet. It is an independent house, surrounded by a large private garden and exclusive pool.

The five double rooms and five bathrooms are distributed on three levels. The large and bright living room, dining room and kitchen open out onto the garden.

A smaller living room on the third floor is a quiet space to watch TV or read a book. Both the main living room and the smaller one have a fireplace.

The entire third floor, also accessible from an external staircase, can become an independent suite with a kitchenette and private entrance. Moreover, if you have children, the pool area is completely closed-off by a gate.

Many guests choose Le Capanne with the intention of visiting cities and towns, but often end up staying put enjoying the tranquillity.



**6:00 PM** - Central European Summer Time  
**Welcome Aperitivo**

Our Villa retreat is held at a family run villa called Camporsevoli. It is located in the small town of Cetona, in a region called Val di Chiana. It is an independent house, surrounded by a large private garden and exclusive pool.

The 5 bedrooms (double & twin) and 5 bathrooms. 4 rooms have ensuite bathrooms and 1 bedroom has a bathroom nearby.

The large and bright living room, dining room and kitchen open out onto the private garden.

A week of yoga, meditation, and delicious Italian dishes made by locals.

What an amazing adventure!

We'll visit local cities like Cetona, Citta delle Pieve & Montepulciano and also a Hot Spring visit.

There are so many activities in store for you with Truly Italy Tours.



## May 26 - Sunday



**Yoga/Pilates**



**8:00 AM  
Breakfast**



**9:00 AM - 1 hr  
Welcome to Tuscany with Katie & Camporsevoli Museum Visit**



**Visit to San Casciano dei Bagni**  
We will take our time visiting this small town and have lunch nearby.



**Lunch at Il Poggio**



**Free Time (walk, sit by pool, take a nap)**



**Dinner at Le Capanne**

## May 27 - Monday

**Yoga/Pilates**



**8:00 AM**  
**Breakfast**



**Meeting with the Mayor of Cetona**



**Visit Cetona**



### **Cantina La Frasca Wine-Tasting and Tour**

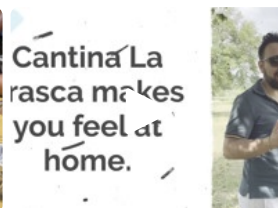
The vineyard was born in the early 1900s in **Cetona**, a town south of the Province of Siena. Their vineyards, with a medium-strong terrain, are in an excellent position on a plateau at 350 meters above sea level. The harvest is carried out exclusively by hand, after a selection of the excess grapes. Our wines do not undergo any filtering and are decanted only by natural decantation. Wine processing and refining take place entirely in the farm cellar and the wines are the result of meticulous work carried out entirely by the Del Ticcós. The Del Ticcós themselves ensure the right control, aware that they can offer high quality products thanks to their genuine respect for tradition, experience and expertise gained after many years of work. They're always ready to welcome you for a guided tasting of wine and oil in the "Cantina la Frasca" store in Cetona, where you can find other local tradition products,

Our olive grove is situated inside our farm in Val d'Orcia, at a height of 600 meters above sea level, on a rocky terrain: this position is very favorable for this product, because it is not necessary to use chemical treatment. The Cultivar variety - Frantoio (70%), Leccino (25%) and Cipressino (5%) - makes our oil delicate and fruity. The olives are harvested entirely by hand and brought to the oil mill in the evening to preserve their pristine quality. Our work has allowed us to participate in the "Expo dei Saporì" in Milan and arrived at the finals in a selection of all the Italian olive oils.

The Del Ticcós also rent out a hamlet called Podere Tre Case near Montepulciano. Podere Tre Case is located in Val d'Orcia, one of the most beautiful valleys in Tuscany, Unesco World Heritage Site since 2004. The "Tre Case" farm, has been run by the Del Ticco family for 50 years, it's located at 600 meters above sea level, in one of the most refined areas of the province of Siena, at the foot of the mountain where Castiglioncello sul Trinoro, a quaint and peaceful hamlet, stands.

The business was born thanks to the tireless activity, passion and dedication of its founder, Orlando Del Ticco, born in 1900, at the time also known by the nickname of Calano (name today remembered with one of the labels of our wine). To this day, the business, which for many years has now gone organic, is carried out by the heirs, who over the years have always paid the utmost attention to the **quality** of the products offered.

If the green open spaces and the peacefulness of our places fascinate you, we advise you to visit Cetona, a typical medieval village, declared "one of the most beautiful villages in Italy", where you can find our old cellar, now "Cantina La Frasca" wine shop: you'll taste our farm products, wine, oil and vinsanto, together with numerous typical and traditional products of Tuscany.



**Free Time (walk, sit by pool, take a nap)**



**Dinner at Le Capanne**

## May 28 - Tuesday

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**Yoga/Pilates**



**8:00 AM  
Breakfast**



### **Bagni San Filippo - Hot Springs**

The springs at San Filippo are **gorgeous!** You can see that from the pictures, of course ;-). The calciferous formations, waterfalls and small pools of hot water surrounded by the woods just outside the small town of **Bagni San Filippo** in the [Val d'Orcia](#) will seem to take you to another world. The good thing is that there is an easy path that runs along the river and provides easy access.

[Bagni San Filippo- Discover Tuscany](#)

[Bagni San Filippo](#)



**Lunch - Ristorante La Grotta, Radicofani**



**Free Time (walk, sit by pool, take a nap)**



**Dinner at Le Capanne**

## May 29 - Wednesday

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**Yoga/Pilates**



**8:00 AM**  
**Breakfast**



## Ravazzi Wine-Tasting & Tour Or a Full Day in Florence(by train)

[Ravazzi Winery](#)

My father Enio Ravazzi founded the winery in 1956 , bringing our wines to be known for their authenticity and to make them appreciated throughout Italy as an excellent accompaniment to traditional dishes.

### Alberto Ravazzi

80s: I took over the management of the company trying to enhance our tradition and at the same time aiming for innovation and raising the quality of our products, managing to bring our wines to Europe and all over the world.

With my wife Roberta we have created two new product lines "Collezione Privata" and "Ciaccioni" which reflect the attention and care for details that we have placed in our new wines. Innovation starts from respect for tradition and our land where we grow up our children.

Thanks to the young energy of our children Martina, Matteo and Francesco, who are entering adulthood and begin to take their first steps in managing the family business, we move towards a future full of challenges, new projects and lots of ideas. with a look at our past and great attention to the quality that distinguishes us.



**Free Time (walk, sit by pool, take a nap)**



**Dinner at Le Capanne**

## May 30 - Thursday



**Yoga/Pilates**



**8:00 AM**  
**Breakfast**



**9:00 AM**  
**Market Visit in Cetona**

We'll buy our ingredients from the fresh produce market for our cooking class.





### Citta delle Pieve Visit



1:00 PM

### Lunch - Poggiovalle Ristorante, Citta delle Pieve

<https://www.poggiovalle.com/ristorante.html>



Free Time (walk, sit by pool, take a nap)



Dinner & Cooking Class with Fernanda



## May 31 - Friday



### Yoga/Pilates



### 8:00 AM Breakfast



### 10:00 AM - 4 hr Lunch in the Vineyard

Join a refined lunch in the vineyard in Montepulciano. Stroll through the vineyards and visit the wine cellar. Treat yourself to a moment of relaxation and unique taste, paired with our famous wines in the picturesque setting of the vineyard.

On your arrival, we will welcome you for a guided tour of the winery. You will discover all the winemaking processes. After the visit, you will sit at your table to enjoy lunch in the vineyard.

Lunch in the vineyard is a unique opportunity to appreciate the convivial and relaxed atmosphere of a day in the countryside. You will find yourself in an enchanted setting, seated at a laid table, peeping through the rows of grapes. You will experience the poetry of the perfect food and wine pairing, served with discretion and skill by our experienced staff.

We have always been committed to protecting the landscape and against any waste of resources, for personal lifestyle and professional choices. Our grapes ripen in rows of Sangiovese, Merlot, Petit Verdot, Cabernet Sauvignon, Syrah, Sauvignon Blanc, Petit Manseng and Grechetto, and they are harvested manually. We look forward to seeing you at the winery for a romantic *lunch in the vineyard* in Montepulciano!



### Montepulciano

On the ridge that divides the Val D'Orcia from the Val di Chiana, Montepulciano stands on a chalky hilltop. This beautiful Renaissance hilltown, which still adheres to its medieval plan, is embedded in a picture-postcard landscape: every way you turn, you are confronted with the iconic image of the Tuscan countryside, where waves of hills and golden fields, dotted with cypresses, roll and roll together.

**Thanks to its superb vineyards, the Montepulciano area is considered one of the finest winemaking regions in the world,** which makes it without a doubt one of the most frequented and beloved tourist destinations in Tuscany.

### [Visit Tuscany-Montepulciano](#)



**Free Time (walk, sit by pool, take a nap)**



**Dinner at Le Capanne**

## June 1 - Saturday



**8:00 AM - Central European Summer Time  
Breakfast**



**10:00 AM - Central European Summer Time  
Check out at Camporsevoli**



**Transfer to Train Station**