



CitrAyus retreats presents **Jennifer Stacey, M.S. in Italy this July** **Connecting Through Contrology - Pilates Retreat**

“Contrology develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind, and elevates the spirit.” J. Pilates

When? Saturday July 9th - Saturday July 16th, 7 nights, 8 days

Where? Pian del Colombaio, Tuscany Italy

Cost? Packages available from 1300 euros



All around are rolling fields, olive groves and vineyards, with Tuscany's highest mountain, Monte Amiata nearby. The house is situated on a small crest looking west along the River Orcia, which means particularly spectacular sunsets can be enjoyed. Whether you want to relax by the pool amidst beautiful surroundings, or indulge a taste for sight-seeing, with a comfortable, tranquil base to which you can return in the evenings.

Pian del Colombaio can offer you the perfect Italian experience, a holiday to remember with pleasure long after you return home.

<http://web.me.com/karen.law/citrAyus/retreat.html>

What's Included in your Retreat Package Price.

- 7 nights accommodation, 8 days
 - breakfast lunch & dinner, and all drinks & wine daily
 - daily 1 hr Pilates classes with Jennifer Stacey MS
 - a personal postural evaluation session
 - a 3 hour movement workshop
 - access to the swimming pool on the premises
 - a local, regional wine tour
 - transfers from and to the Pisa International Airport or Grosseto Train Station
- You are welcome to join all or none of the activities.



Optional Activities offered at a charge

- Photography Lesson and Excursion, -Tuscan Cookery Lesson
 - Foraging Trip and Lunch at the House, -Horse Riding on the Beach
 - Art Classes & Singing Lessons
 - Spa Treatments: Aromatherapy Massage, La Stone Massage Treatment
- Monte Amiata • The Sea • Picturesque towns

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