

YOGA AT VILLA POGGIARELLO

Romeo & Federica Innocenti will show you the best kept secrets of the Maremma along Southern Tuscany's Mediterranean shores. Enjoy the comforts of Stefano & Chiara's masterfully renovated villa and practice yoga daily with your instructors Michi Holley and Brandon Jones...



ROMEIO & FEDERICA INNOCENTI



THE BEAUTIFUL WINE ESTATE



STEFANO & CHIARA



Welcome
Visit Italy like
you have never
done before ...



MEET YOUR HOSTS

Villa Poggiarello is owned and operated by the **Stefano & Chiara**. Originally from Milan, they gave up the busy city life for the peaceful, elegant Maremma country side. Restoring this villa estate back to and even beyond its original beauty and luxury, they have graciously agreed to open their doors to host Tuscan Way culinary and wine programs. Warm, hospitable, and welcoming, Stefano & Chiara personify Italian fine living and traditional Italian hospitality.

Romeo & Federica Innocenti - your hosts (fluent in English), both natives of Tuscany, (**Romeo is a sommelier in training of fine Italian wines and master chef** specializing in "La Cucina Povera Toscana"), will accompany you on your journey through Tuscany's off-the-beaten-track Maremma region.



MEET YOUR YOGA INSTRUCTORS – MICHI HOLLEY & BRANDON JONES

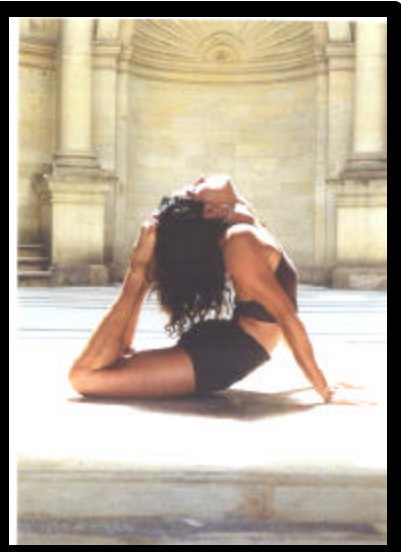
Michi Holley is an Acupuncturist, Chinese Herbal Medicine practitioner, and Ashtanga Yoga instructor. She has traveled and studied throughout the world with her primary teachers Nancy Gilgoff (the first Western woman to ever learn Ashtanga Yoga) and Danny Paradise. She has co-taught workshops with both of these exceptional teachers, and practiced yoga and acupuncture with many famous and infamous people around the world including: Sting and Trudie Styler, Madonna, Paul Simon, **Edie Brickell, John McEnroe, Patty Smyth, Donna Karan, Eddie Veder, Jeff Ament, and Mike McCree**dy of Pearl Jam, **Chris Botti, and Dominic Miller**. Michi brings to the practice of yoga the knowledge and wisdom of Chinese Medicine. She combines energy systems from the Chinese perspective with her exploration of the practice of yoga. Acupuncture and yoga both being ancient arts, Michi observes their hidden similarities and obvious differences to benefit her understanding of both. Her synthesis of these two systems is imparted seamlessly in her teaching of Ashtanga Yoga, where polarities integrate naturally, and inner purpose meets outer action. She lives in Hawaii with her husband, Brandon Jones, where they have a yoga/healing arts studio.

Brandon Jones has studied Ashtanga yoga for six years. He first learned the practice from **Lucy Martorella** in the "full vinyasa" tradition on the island of Maui, and has studied extensively with **Nancy Gilgoff** and his wife, **Michi Holley**. Brandon has also had the great honor of studying with **Sri K. Pattabhi Jois**. Brandon lives in Hawaii and is an artist by trade. While talented in many mediums, he is known mostly for his metal sculptures sold throughout the Hawaiian islands. He teaches Ashtanga yoga classes and workshops with Michi. He brings to his teaching warmth and humor combined with the gentleness of his deeply caring nature.

Michi and Brandon travel the world together teaching workshops and retreats. You can find them on the web at: molokai-wellness.com



MICHI HOLLEY & BRANDON JONES



MICHI

ABOUT THE YOGA

Your days will begin with an optional sunrise meditation in order to fully greet the Tuscan sun and prepare for the day's teachings and adventure. About an hour will be spent practicing mindfulness meditation. During this time, we will deeply connect with the state of our own being: our thoughts, feelings, energy and physical body. In addition to connecting, we will aim to observe our minds and become during our meditation, what Deepak Chopra has termed, "the silent witness" of our inner process and the workings of our mind. Much attention will focus on breathing and breath awareness in order to enhance the meditation practice.

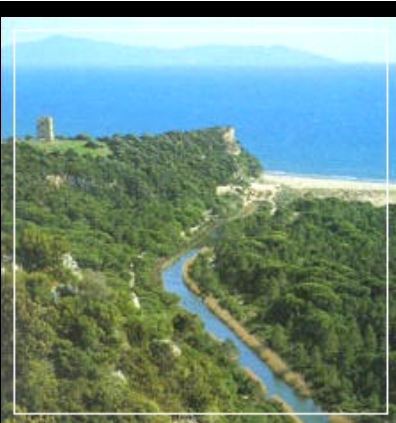
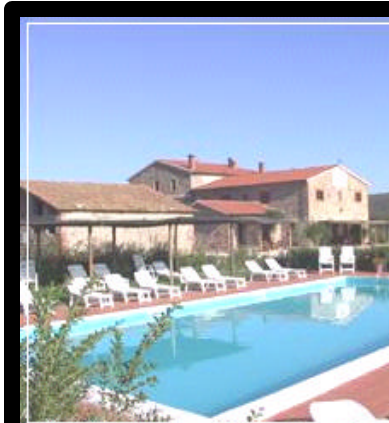
Michi & Brandon will be teaching yoga in a very gentle manner integrating their vast experience and different perspectives. While much of their personal practice has been in Ashtanga yoga, the emphasis will be on general Hatha yoga. Oftentimes, especially in the U.S., when we speak about yoga, we usually mean physical yoga exercises or asanas. But this is only a small part of yoga. Yoga is a practical, scientific teaching, the aim of which is spiritual growth. The word *yoga*, as well as the word *religion*, means the union of the human soul with the Universal Soul, i.e., the union of human being with God. Although yoga is a product of Indian civilization and has influenced all religions of that land, it is a practical spiritual science that does not belong to any particular region or religion. We are delighted at this opportunity to practice yoga in such a powerful culture and beautiful land like Tuscany. This combination of Yoga & Tuscany will reap many positive results for you regardless of your specific spiritual beliefs or orientation. Under Michi & Brandon's guidance, we will have the opportunity to explore and learn at our own pace. The practice will be joyful amidst the splendor of the Tuscan countryside and the stunning Villa Poggiarello estate.

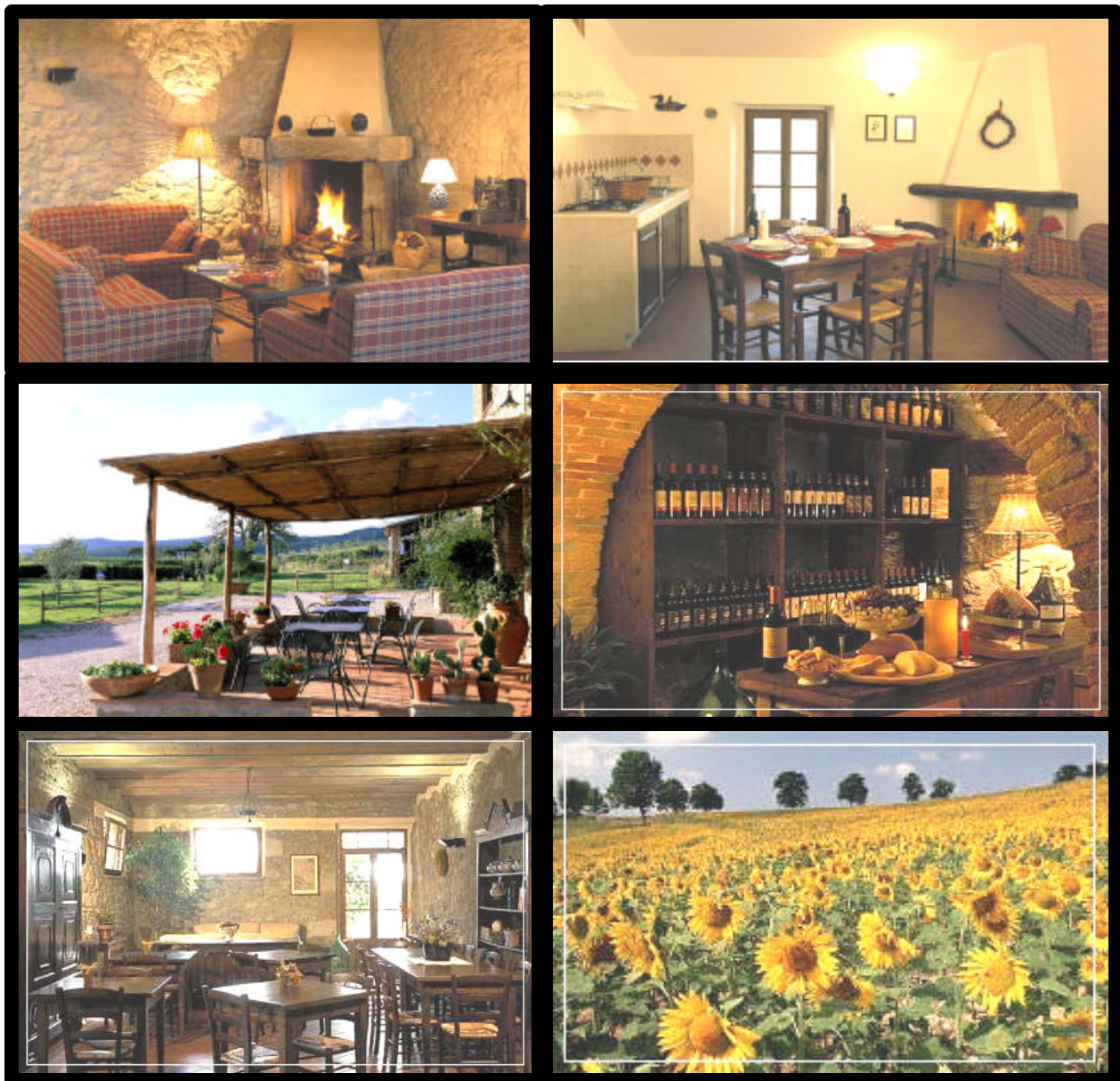
Michi & Brandon explain and discuss the flow of Vinyasa and Hatha Yoga. We will start with salutations to inspire our bodies to move with our breath. Then we will do a series of standing postures that strengthen and align the body. This will be followed by a seated sequence, restorative postures, and a relaxation meditation at the end. The overall feel will be one of well-being as yoga stimulates the body's innate healing capacity. We will breathe, move, sweat, and learn how to ease the fluctuations of the mind - by linking our breath with our body movements. The classes are designed to accommodate all levels of practice, and will each day evolve to enhance the self awareness of the participants.

Michi & Brandon teach very valuable principles of yoga, but the focus is more from the standpoint of breath control. They essentially link asana practice with pranayama, or breath control. One of Brandon's great teachers, A.G. Mohan, says that it is not the practice of Asana that builds health or creates longevity; it is the control of the breath. He also asserts that you can go right ahead and push the body, even all the way until it breaks! But you can't push the breath – the breath will always give you away, and you and your teacher will be able to see through your breathing whether or not you are really doing the posture properly.



IMAGES OF VILLA POGGIARELLO





WHERE YOU WILL STAY:

Villa Poggiarello and the village of Roccastrada evoke the quintessential and exquisite spirit of beautiful Tuscany. The vineyards, the rolling hills, the near-by seaside and the spectacular villa, provide a stunning atmosphere, rich with glorious views and warm feelings. The climate here is very temperate and there is a constant aroma of sagebrush which permeates the air of this region known as La Maremma.

The farmhouse dates back to the 1700's, and has been carefully renovated, with full consideration of its original characteristics. On the estate, there are spacious heated apartments furnished with traditional Tuscan furniture. Each one has a kitchenette and a bathroom with shower.

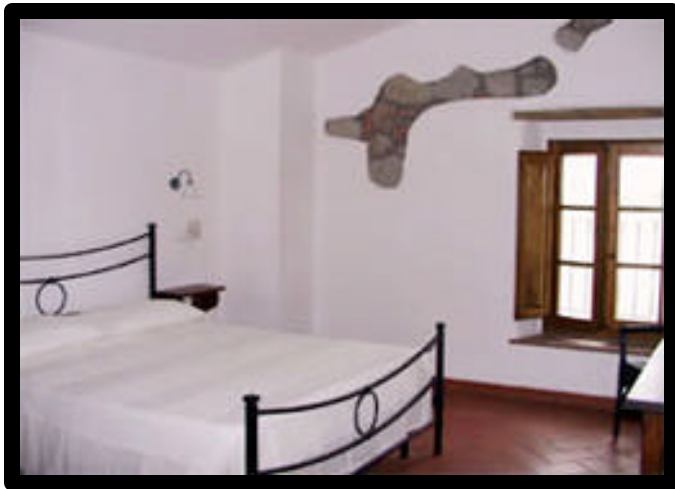
There is also a swimming pool, horseback riding and mountain biking. This location is ideal to experience boating out in the Tuscan Mediterranean, since the sea-side resorts of Punta Ala and Castiglione della Pescaia are easy to reach. One can also sample and buy Villa Poggiarello's extra virgin olive oil which has been produced on the farm.

WHERE YOU WILL SLEEP

Villa Poggiarello has 10 unique apartment suites. Five of these apartments sleep between 2-3 people and the other 5 larger apartments sleep between 4-6 people. Each apartment is spacious and elegantly furnished in classic Tuscan style. Amenities include: TV, bathroom with shower and kitchenette with gas stove and refrigerator.

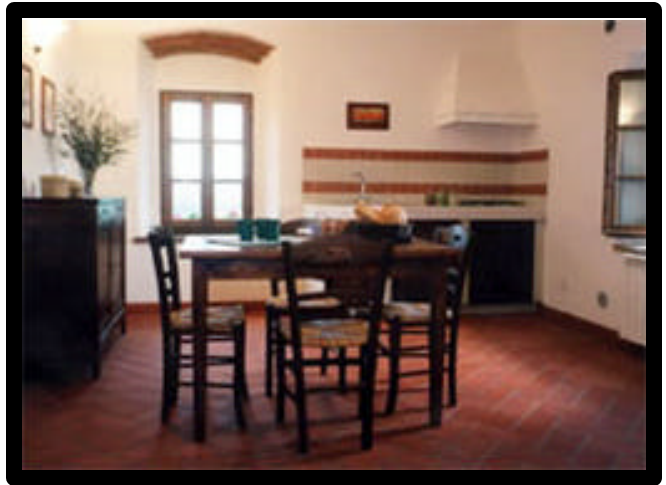
"Il Leccio" (2) people, 538 square feet

Second floor, shared stairway entrance, 1 bedroom (Queen bed), 1 kitchen + dining area and 1 bathroom with a shower.



"La Scaletta" (2) people, 700 square feet

Ground floor, shared stairway entrance, 1 bedroom (Queen bed), 1 kitchen + dining area and 1 bathroom with a shower.



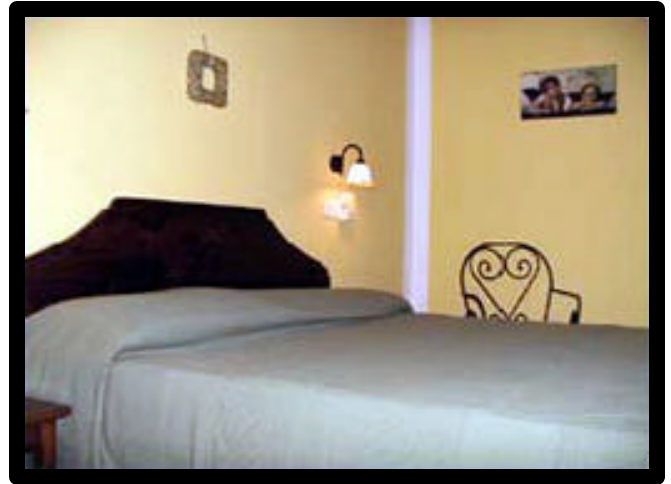
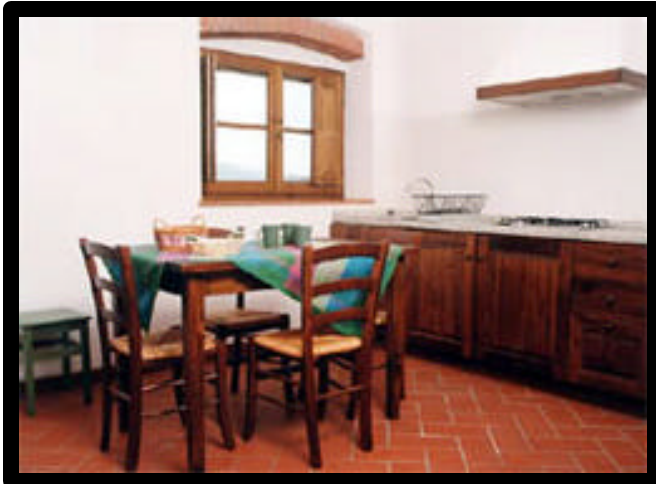
"Casa Fonte" (2+1) people, 452 square feet

Ground floor, private garden entrance, 1 bedroom (Queen bed), fold out couch (single bed), 1 kitchen + dining area, private furnished outdoor space and 1 bathroom with a shower.



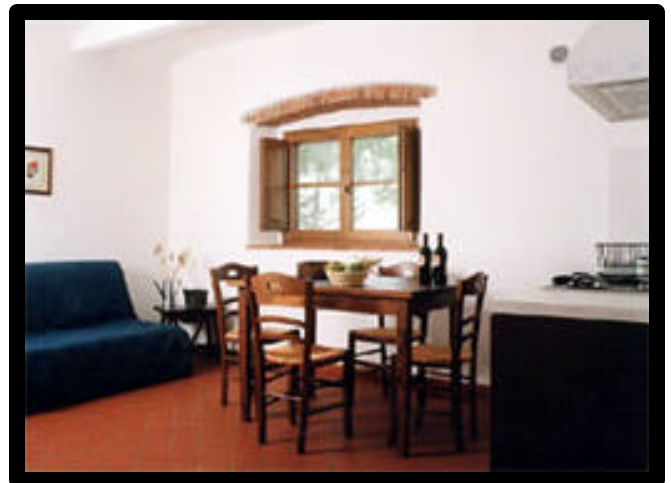
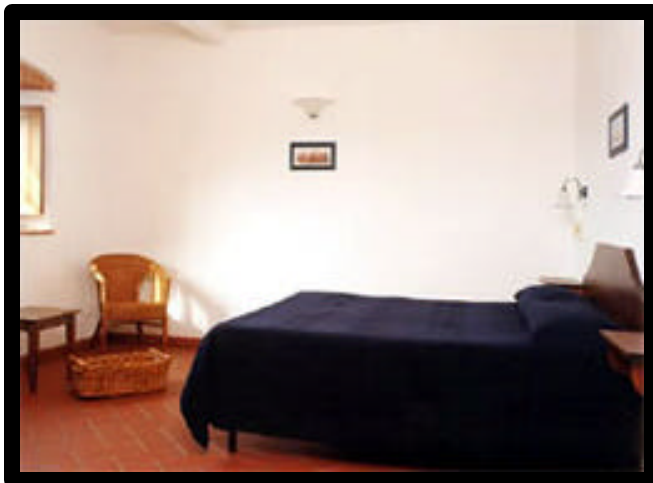
"Gli Allori" (2+1) people, 516 square feet

Ground floor, shared outdoor stairs entrance, 1 bedroom (Queen bed), fold out couch (single bed) in living area, 1 kitchen + living area and 1 bathroom with a shower.



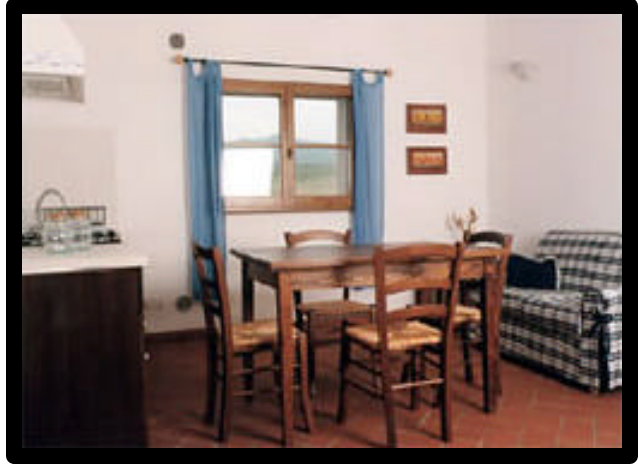
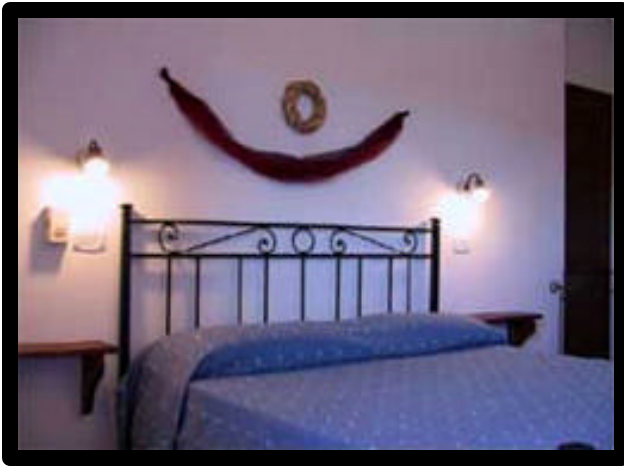
"La Meridiana" (2+1) people, 538 square feet

Ground floor, shared outdoor stair entrance, 1 bedroom (Queen bed), fold out couch (single bed) in living area, 1 kitchen + living area and 1 bathroom with a shower.



"Il Girasoli" (4) people, 753 square feet

Ground floor, shared outdoor stair entrance, 1 bedroom (Queen bed), 1 bedroom bunkbeds, 1 kitchen + living area and 1 bathroom with a shower.



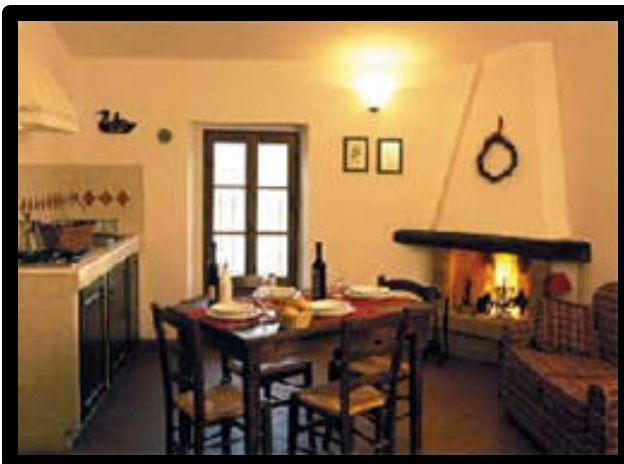
"Il Pino" (4) people, 807 square feet

Second floor, shared stair entrance, 1 bedroom (Queen bed), 1 bedroom with double bed (2 single beds can be put together), 1 kitchen + living area with fireplace and 1 bathroom with a shower.



"Gli Olivi" (4) people, 980 square feet

Second floor, shared outdoor stair entrance, 1 bedroom (Queen bed), 1 bedroom with double bed (2 single beds can be put together), 1 kitchen + living area with fireplace and 1 bathroom with a shower.



"Il Balchetto" (4+2) people, 1141 square feet

Ground floor, private outdoor stair entrance, private storage room, 1 bedroom (Queen bed), 1 bedroom with double bed (2 single beds can be put together), 1 kitchen + large living area with fold-out couch (double bed), fireplace and 1 bathroom with a shower.



"Il Volticine" (5+1) people, 958 square feet

Ground floor, private garden entrance, private storage room, 1 bedroom (Queen bed) with an extra single bed, 1 bedroom with double bed (2 single beds can be put together), 1 kitchen + large living & eating area with fold-out couch (single bed), fireplace, private furnished outdoor space and 1 bathroom with a shower.

COOKING COURSE AND WINE TASTING

Romeo Innocenti, son of Carlo Innocenti who operates the Casa Innocenti program, teaches the cooking class. Romeo is well-known in the area for his cuisine – especially certain Maremma sea-food dishes. He is an experienced cook and very entertaining. The guests can learn genuine Southern Tuscan dishes and the secrets passed down from grandmothers and grandfathers. All classes are hands-on and include local wine. The cooking course teaches the traditional Tuscan "Cucina Povera" (country cooking of the peasants). The course is taught in a large rustic kitchen and dinner is served in the classic Tuscan-styled dining room. Wine tasting takes place in the famous wine towns of Montalcino (famous for Brunello) and Montepulciano (famous for the Vino Nobile di Montepulciano).



EXCURSIONS & ITINERARY:

The itinerary includes tours of the surrounding areas of Roccastrada. You will visit Montepescali, known as the balcony of the Maremma, and, because of its enviable position; Montemassi, famous for being depicted in Simone Martini's affresco showing Guidoriccio of Fogliano (shown below); Roccatederughi, a medieval town hidden amongst the rocks and is one of the most interesting in the Maremma, Montalcino (famous for its grape vineyards that produce the celebrated Brunello wine), Pienza; Montepulciano (famous for its Red wine "Vino Nobile di Montepulciano") and Sassofortino which is reached by traveling through chestnut forests and has beautiful views overlooking the sea. Every day will commence with your personally styled yoga workshop (2 hours). Some days will include a guided sunrise meditation.

* We would like to emphasize that we are quite flexible with regard to the itinerary and the excursions. Federica & Romeo sometimes switch the days for different excursions and sometimes, based on local events and activities, new excursions (not mentioned above) can be added or even replace the normal schedule. The most important thing is to communicate your specific interests, which will be given priority if possible and in the best interest of the group.

THE ONE WEEK TRIP INCLUDES:

- * 6 nights at Villa Poggiarello, near Siena, in a picturesque 18th Century Villa.
The villa is beautifully furnished with traditional Tuscan furniture.
- * All meals as indicated in the itinerary.
- * Small groups: 4 to 12 people.
- * 5 yoga courses (10 hours of instruction)
- * A guided sunrise meditation
- * 1 hands-on cooking course in "La Cucina Povera Toscana" – Tuscan country cooking.
- * Visit to winery with wine tasting in Montalcino, Montepulciano and Pienza.
- * 5 guided excursions to local food festivals (depending on season), Siena, the enchanting towns of Vetulonia (Etruscan); Montalcino (famous for its grape vineyards that produce the celebrated Brunello wine), Pienza; Montepulciano (famous for its Red wine "Vino Nobile di Montepulciano"), Roccatederighi (stunning hill-town), Montepescali, Porto Santo Stefano (upscale sea port), Talamone (gorgeous seaside village with lookout tower) , Porto Ercole, and Castiglione della Pescaia (a fishing village on the seacoast).
- * All transportation (to and from Rome).

SAMPLE ITINERARY:

DAY 1 – Transfer from Rome and arrival at Villa Poggiarello

Fly to Italy. Upon arrival at the airport of Rome, you will be accompanied by car or van to Roccastrada and then welcomed at your vacation residence – Villa Poggiarello. After settling in, your tour hosts Federica & Romeo will show you around the estate! Then you can either relax in the garden or take a walk around the enchanting outdoor ambiance amidst warm vineyards and olive groves. For dinner you will enjoy a Tuscan meal prepared by Romeo.

DAY 2 – Siena and local food festivals

And so our daily ritual begins with the two hour yoga program which will finish approximately at 10:30AM. Afterwards, you'll set off for Siena. You will visit the famous Piazza del Campo, the main square where the people from Siena ("i Senesi") organize, twice a year, a medieval horse race known as Il Palio. Facing the square there is the beautiful tower Torre del Mangia, where if you wish, you can climb up to the top to admire a marvelous view of the city. You can also visit the Duomo which is a gothic style cathedral. At the end of the morning, you will have lunch in a quaint restaurant in Piazza del Campo. Once home, and after having rested, you can prepare with Carlo a healthy Tuscan dinner (cooking lesson). During different times of the year, there are many

celebrated local food festivals which take place to honor different types of harvest (Porcini mushroom, Olive oil, wine etc). These will be experienced whenever they are taking place! Dinner in at a trattoria.

DAY 3 – Vetulonia (Etruscan) & Castiglione della Pescaia

After yoga, you will be going to Vetulonia. This fascinating Etruscan hill-top town is isolated, mysterious and beautiful. There is a medieval castle and views out over the Mediterranean sea. The Etruscan city of "Vetluna" (Roman Vetulonia) is located on the Maremma hills, above a lagoon and with access to the sea. The nearest modern city is Grosseto, approximately 30km to the South East. Vetulonia is the Etruscan city where the Lictors rods and Fasces originated. In 1898, a necropolis was discovered with a bundle of Iron rods with a double axe in the centre. Later that year, the burial stele of Avele Feluske was discovered. This became a symbol of power by the Roman Magistrates in later years. The Lictor was the name given to the Magistrates assistant. You will also enjoy a trip to the seacoast to the pretty seaside village of Castiglione della Pescaia. This old fishing village stands up high on a hill with its castle looking over the turquoise bay. You will enjoy a tasty lunch at a local restaurant. Once home, you can prepare a healthy Tuscan dinner with Romeo (cooking lesson).

DAY 4 – The small hill-towns: Roccatederighi, Montepescali

After yoga in the morning, you can relax and prepare for your cooking course which will culminate with lunch – eating all that you prepared. After lunch, you have the choice to either go riding (mountain bikes or horses) around Roccastrada or you can choose to go on the guided excursion to see Roccatederighi and Montepescali. Both of these towns are stunning medieval villages surrounded with splendid views of the countryside. Roccatederighi itself is a lovely medieval village in the Maremma countryside in the south west of Tuscany. It sits on the top of a rocky hill overlooking an open plane which stretches to the sea. Around lies luxuriant Mediterranean vegetation, utterly unchanged since the dawn of time. Walking down the narrow cobbled streets and squares of the pedestrian historical centre, you see parts of the rock formation breaking through. Montepescali (called the "falcon of the Maremma") sits atop a hill in Tuscany, 222 meters above the Aurelia, one of the ancient Roman highways. From the *Baluardo* on the western wall of the town, the Tyrrhenian Sea, the island of Giglio, and the highest mountains of Corsica can be seen.

DAY 5 – Super Tuscan Red Wine Tour: Montalcino, Pienza & Montepulciano

After the sunrise meditation and yoga, you will enjoy a trip to the various wineries of Southern Tuscany. Montalcino is known as a "luminous place" and its ancient name was Monte Ilcinus after the leccio "holm oak" (*Quercus ilex*.) The Oaks of Montalcino have covered its hills and valleys from prehistory to present day, sharing their territory with the Olive tree, the Chestnut tree and Montalcino's most famous plant the Brunello grapevine, also known as Sangiovese Grosso. Here, you will taste this famous Brunello wine in a unique 'best-kept-secret' winery. You will enjoy a tasty lunch at a local restaurant and also visit Montepulciano (and taste the *Vino Nobile di Montepulciano*) as well as experience the extraordinarily charming town of Pienza. Pienza owes its beauty and fame to Enea Silvio Piccolomini born in Corsignano on 18 October 1405 and elevated to Pope in 1458 taking the name Pius II. During the course of his Papacy, he changed the ancient Castello di Corsignano (first mentioned in 828) into a Papal residence in the Renaissance style, planned and constructed under the supervision of Bernardo Gambarelli called il Rossellino, a student of Leon Battista Alberti, and renamed it Pienza ("Pius"). In the evening, you will have dinner in a pizzeria.

DAY 6 –Mediterranean Sea: Argentario (Porto S. Stefano, Porto Ercole & Talamone)

After yoga, for your last day, you will get to experience the finest seaside villages Tuscany has to offer. The seafood cuisine here is delicious to the point that no words can describe. Naturally, after yesterday's red wine tastings, today's accompanying seafood wines shall be white. Perhaps try a Vernaccia, Greco del Tufo or let Romeo make his on-the-spot finest recommendation. Many wealthy Italians, especially the super wealthy, crave hideaways, and this is for them. Exactly 150 km north of Rome, Argentario is an Italian version of the American Martha's Vineyard, but with better food and older money. Just three small strips of land, one of them a 7-km-long nature preserve, connect the 6,000-hectare mountain to the mainland. Spain controlled Monte Argentario in the 16th century and built an imposing series of stone fortresses and lookout towers along the Mediterranean water.

Some of them have been converted into classy homes and apartments: solid dwellings for a solid crowd. In the evening, you will enjoy your farewell dinner at Villa Poggiarello.

DAY 7 – Departure

Enjoy your final breakfast at Villa Poggiarello before heading back to Rome.

*During the spring and fall, you may participate to local “Sagre” – food festivals which take place in medieval villages and towns of southern Tuscany.

DATES & PRICES - 2007 SCHEDULE

***Dates not listed may be available on request. Scheduled dates are sometimes flexible and subject to change.**

October 13-19

October 20-26

2007 PRICES

*Note: prices shown are double occupancy rates. There is a \$300 Single Occupancy Surcharge

* The price is ALL-INCLUSIVE once you arrive in Italy. Many guests pleasantly find out just how much really is included. We would like to emphasize that all wine (table wine & tastings), meals (as indicated in the itinerary), guided excursions, wine/oil tasting, accommodations and transfers are included. Many of our competitors, regardless of price, simply do not have the uniqueness, quality, variety, personality and style we provide our guests (like all meals and wine included).

1 Week: \$2590 per person (double occupancy)

TRADITIONAL TUSCAN RECIPES

Mussels Grate

Ingredients (for 6 people)

*50 gram*1 & ½ kilo (about 3.3 pounds) of mussels

s (about 1.76 ounces) of parsley

*4 cloves of garlic

*200 grams (about 7 ounces) of dried bread

*6 tablespoons of **Italian olive oil (Preferably**

Tuscan olive oil!)

*30 grams (about 1 ounce) of bread crumbs

*Red hot crushed pepper

*Salt



Preparation

Clean the mussels, boil them until they open up (about 3 minutes) and then drain them keeping one cup of the water. Chop in very small pieces the 4 cloves of garlic and the parsley. Soak the dried bread for 5 minutes. Squeeze out the water and add some **olive oil** to the bread. Put half of the

shells of the mussels on some baking tins. Turn on the oven to broil. Fill in the shells with the bread mixture. Sprinkle the bread crumbs on the mussels. Cover the baking tins with a little water of the mussels and then put them in the hot oven. Cook for about 15 minutes. Serve on platters with fresh sliced lemons.

Fusilli con Zucchini



Ingredients (Serves 6)

- *600 grams fusilli pasta
- *5 medium sized zucchini, thinly sliced
- *4 cloves garlic, minced
- *5 tbsp extra-virgin olive oil (preferably Tuscan!)
- *1 handful fresh basil, chopped
- *salt and fresh ground pepper (to taste)
- *freshly grated Parmesan cheese (to taste)



Method

In a large frying pan, gently saute the garlic in the olive oil on medium heat. After a few moments, add the zucchini. Increase temp to high, add salt to taste and cook until zucchini is tender. Add about half the chopped basil, mixing well. Meanwhile, in a large pot, boil water for pasta, bring to a rolling boil, add some salt and the pasta. Cook uncovered until "al dente" Drain pasta and add to the zucchini, turning heat back to medium. Stir well, coating the pasta with the zucchini sauce, add the remaining basil, some freshly ground black pepper, and a few tablespoons of the grated Parmesan. Serve while hot!

Salsa al Pomodoro (fresh tomato sauce)

Ingredients:

- *8 fresh, ripe tomatoes – diced
- *One can of water
- *2 cloves of Garlic
- *1 Onion
- *Half of a celery



- *White wine (one glass)
- *6 Tablespoons extra virgin olive oil
- *Salt
- *Black Pepper or Red crushed Pepper
- *Basil
- *Butter

Instructions:

Place all ingredients in a large, deep cooking pot all at one time. While the sauce cooks, add butter near the end for flavor.



© 1999-2007 Tuscan Way – La Dolce Vita in Toscana,
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