

Retreat

Rejuvenate your mind and body; feed your soul

Col di Lavacchio, Tuscany, Italy - June 26th to July 3rd 2010

Join us for a week in the stunningly beautiful mountains of Tuscany; recharge your batteries, restore a greater sense of wellbeing, and feel alive and rejuvenated. You'll also come away with techniques to help keep you at your best.

What is it?

- ♥ Daily **yoga** sessions in the morning before breakfast
- ♥ Daily **group coaching** sessions to help you feel more relaxed, at peace with yourself, happier and clearer on your purpose and direction in life
- ♥ **Walking** in the picturesque surrounding hills – three guided group walks included
- ♥ **Fun!** A fantastic way to meet like minded people, and discover this beautiful part of the world
- ♥ Plenty of **free time** to relax by the saltwater pool, swim, soak in the hot tub, contemplate under a tree, or laze in a hammock.
- ♥ Delicious healthy **home-prepared vegetarian food**, much of it home-grown and organic (full board)

Where is it?

Col di Lavacchio: An **organic farm** set in 25 acres, surrounded by **olive groves, chestnut woods** and **panoramic views** of the Apuan Alps, the Apennines and the numerous valleys nestled in between. Closest airport is Pisa. See www.lavacchio.com for further information.

Our philosophy:

We believe that we could all do with **time to think**, to **slow down, reflect** and **connect** to our inner selves. This is the key to us being able to live more **happily, healthily** and **effectively**.



The price (£995 per person) also includes:

- ♥ Choice of either a **one-on-one coaching** session or an **individual yoga session**
- ♥ Access to team members throughout the week
- ♥ Pick up from **Barga-Gallicano** train station on Saturday 26th, and drop off at the end of the retreat
- ♥ Maximum group size of 10



Accommodation:

You will stay in the beautifully renovated original **farmhouse** (shown above) which retains its **rustic charm**. There are 3 twin rooms, 2 doubles, 3 bathrooms and generous indoor and outdoor living space. The price is based on 2 people sharing. If you would like a room to yourself, there is a supplement of £195.

Your hosts:

Jamie & Ailsa Reynolds – Col di Lavacchio

Your team:

Karen Maycey – coach and trainer
Lisa Jones – 'yoga flow' yoga teacher
Verran Townsend – walking guide

walkingspirit

Please have a look at www.walkingspirit.co.uk/Italyretreat.pdf for more information and/or to book.

Any questions? Contact us by email - Karen@walkingspirit.co.uk - or call **(+44) 0161 928 8179**.

A deposit of £200 will confirm your place with the balance due by 15th May 2010.

If you're interested and can't make the June dates, there will be another retreat September 11th-18th 2010.

The Walkingspirit Team

Karen Maycey

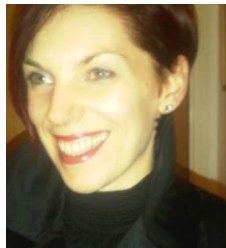


Karen will be leading the coaching element of the retreat. She is passionate about enabling people to live from their most authentic selves for the sake of their own health, happiness and wellbeing. Working from a belief that people have all the capabilities within themselves to move forward in their lives, she brings an encouraging, insightful, calm and energetic approach to group work and one-to-one coaching. With a longstanding focus on personal development she models a holistic approach to life incorporating healthy body and mind; an approach clearly reflected in her work.

Karen has an MA in Human Geography, is a professionally certified Co-Active coach (CPCC), and has completed the Coaches Training Institute leadership programme. She is a member of the International Coach Federation (ICF). Her areas of expertise include leadership coaching and training, and personal development.

Coaching can be used by anyone wanting to make changes for the better in their life. It can help you achieve clarity and confidence to work through issues that are holding you back from enjoying a healthy and more fulfilled life. The benefits are unlimited!

Lisa Jones



Lisa is professional dancer, choreographer, yoga teacher and DJ. She graduated from The Yoga Academy in 2006 with a full teacher training diploma in Hatha Yoga, and for the last 4 years she has been delivering classes and workshops all over the North West of England. She specialises in Yoga Flow and Yoga Dance Fusion and has a company called Flomotion which incorporates dance, yoga and music. Lisa continues to study, learn and develop as a yogi, a dancer and an artist. As a teacher she creates a warm, compassionate, nurturing, light-hearted space so people feel comfortable, safe and at ease.

Yoga flow is a beautiful way of practicing yoga Asana (posture). It is a system where we begin to synchronise the natural movement of the breath with the movements of the body. As we move from pose to pose in an easy manner with the focus on the breath, the postures almost become a dance - a meditation in motion. Yoga Flow helps us to become more flexible in body and mind. The postures and breath techniques used can have a massive detoxification affect on the systems of the body, and the practice itself can help us to let go of things that might be keeping us from moving forward in many areas of our live. Practicing Yoga Flow, we begin to cultivate grace, inner strength and a greater awareness of ourselves and the world around us. We feel clearer, more vital, healthier and happier. Yoga Flow can literally help us to take a breath, to let go and roll with it. It helps us to just go with the flow!!

Verran Townsend



Verran is your walking guide and a qualified Mountain Leader with over 20 years experience walking and mountaineering in the UK and European Alps. He is the founder of Outside Insights www.outsideinsights.co.uk, a company committed to raising awareness of the enormous benefits that spending time in nature brings to individual's personal and business lives.

Walking in nature not only helps to refresh our spirits, but it also helps us to improve our memory and our ability to solve problems and create ideas. It naturally helps us to recover faster from illness and mental fatigue, to reduce stress, and foster a sense of calm. It also helps reduce the risk of many illnesses, helps to boost our self confidence, control our weight, raise our energy levels, improve circulation and digestion and encourages better sleep. Ultimately, walking in nature nurtures our mind and body, and feeds our soul.

Booking Form

Italy Retreat with Walkingspirit - June 26th to July 3rd 2010

Full Name

Name you like to be called

Address

Telephone

Mobile phone

Email address

Date of birth

Dietary Requirements

Relevant Health Issues/ Concerns

Summary of costs:

	Costs	Total cost
Week Retreat (full board ¹)	£995	£
Room to yourself	£195 (optional supplement)	£
Total		£

An initial deposit of £200 secures your place on the Retreat, with the remaining balance of £795 (or £990 if you wish to have a room to yourself) due by **May 15th 2010**.

Payment either by cheque payable to: Karen Maycey, or by bank transfer. Please contact us for bank account details.

I have read and understand the Booking Conditions and my signature confirms acceptance and understanding of these conditions.

Signed:..... **Date:**.....

Please return your Booking Form and proof of payment (or cheque) to: Karen Maycey, Walkingspirit, 25 Avon Road, Hale, Altrincham, Cheshire, WA15 0LB, or email to Karen@walkingspirit.co.uk

For further information please phone Karen on 0161 928 8179 or email Karen@walkingspirit.co.uk

¹ Full board covers bed, breakfast, lunch and evening meals for participants. Soft drinks will be served with all meals, alcoholic drinks are available at extra cost.

Booking Conditions

1. The Retreat is being run by Karen Maycey trading as Walkingspirit. If you decide to book the Retreat with Walkingspirit and Walkingspirit agrees to take that booking, you are entering into a contract with Walkingspirit.
2. No contract shall exist until:
 - a. The signed Booking Form is received, and
 - b. The appropriate deposit has been paid
 - c. A confirmation email has been issued.
 - d. Note. Persons making payments without completing the Booking Form will be bound by the Booking Conditions.
3. In order to participate in the Retreat, you must have adequate travel insurance.
4. The balance of the cost of your stay must be received by us not less than 6 weeks prior to departure (or at the time of booking if this date has passed). The easiest method is by bank transfer though we do accept cheques. This date will be shown on the confirmation invoice. If you have not paid in full and on time we reserve the right to treat your booking as cancelled by you. In this case the cancellation charges set out below will be payable.
5. Cancellations:
 - a. Should you need to cancel your stay once it has been confirmed, you must immediately advise us in writing. Your notice of cancellation will only be effective when we receive it in writing at our offices. As we incur costs from the time we confirm your booking and may be unable to re-sell your period of stay, the following cancellation charges will be payable. Where the cancellation charge is shown as a percentage, this is calculated on the basis of the total cost of the booking.
 - b. Cancellation Charge given time period between receipt of written notification of cancellation by us and the start of Retreat:
 - i. More than 6 weeks = deposit only
 - ii. Less than 6 weeks = deposit + 20%
 - iii. Less than 4 weeks = deposit + 50%
 - iv. Less than 2 weeks = deposit + 100%
 - c. Depending on the reason for cancellation, you may be able to reclaim these cancellation charges (less any applicable excess) under the terms of any insurance policy you may have. Claims must be made directly to the insurance company concerned.
6. Smoking is strictly prohibited inside all accommodation. Charges will be made if smoking is carried out inside.
7. Accommodation will be provided in La Fattoria which is equipped as described on the Lavacchio website www.lavacchio.com. All linen and towels are provided with beds ready made. Swimming towels are also provided for use at the pool.
8. The accommodation comprises of 3 twin rooms, 2 doubles, 3 bathrooms and generous indoor and outdoor living space. The cost for the Retreat is £995 per person based on 2 people sharing. If you would like a room to yourself, there is a supplement of £195. Places will be allocated on a first come, first serve basis.
9. If for any reason a member of the Walkingspirit team is unable to attend the Retreat, we shall do our utmost to replace him/her with a leader of similar qualities. Wherever possible, you will be advised in advance of any alterations. Similarly, we will inform you of any alterations to the retreat itinerary that may become necessary due to factors outside our control.
10. Whilst all attempts have been made to make Lavacchio as safe as possible, there are natural hazards associated with a hill farm in this part of Tuscany. Ultimately, responsibility for your well being lies with you. The swimming pool is fenced off with access through a latched gate. As the pool is only 1.5m deep, jumping from surrounding rocks is extremely dangerous and could cause serious injury.
11. By signing the Booking Form the participating person waives the right to claim against Walkingspirit for any loss or damage. This also requires participants to give assurances as to the state of their health in order that Walkingspirit can be as certain as possible that all participants may participate safely. If any person declares that they have any health conditions which may affect their ability to participate, that person must prove to Walkingspirit that the condition is controlled by medication or otherwise, and produce a doctor's note to such effect if Walkingspirit so requires. In the event that Walkingspirit is made aware of any facts about a person's health which leads it to deem in its absolute discretion that that person is not suitable to partake in the Retreat, it will be deemed that that person has cancelled its booking and the provisions of paragraph 5 of the Booking Conditions shall apply.
12. Walkingspirit takes no responsibility and will not be held responsible for death, personal injuries, accidents or loss or damage to property or belongings that occur to any person attending the Retreat (except in the case where death or personal injury are caused as a result of the negligence of Walkingspirit). Further, Walkingspirit will not be liable for any consequential or indirect loss resulting from the cancellation of or changes to the content of the Retreat.
13. Walkingspirit does not accept any liability for cancellations, delays or changes caused by war, threat of war, terrorist actions or threats, illness of participant or close relative, closure of airports, civil strife, industrial action, natural disaster, psychiatric conditions which may develop during or subsequent to the Retreat, injury sustained on the Retreat or loss of or damage to personal property of participants.
14. In returning the Booking Form the participating person understands and agrees that he/she is participating in the Retreat at his/her own risk.