



Paolo Margari, flickr.com

Salento

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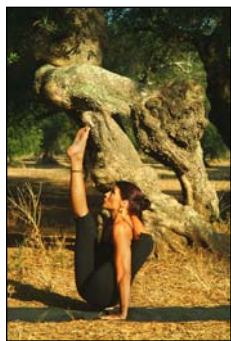
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Italian Yoga Retreat: Saluting the Sun in Salento

It was wintertime in Brooklyn when Stephanie Steiker picked up the postcard. She may have been at a yoga studio or a restaurant in Red Hook. She can't remember for sure. But, she vividly recalls the photographs on the card: A woman posed in a graceful backbend. A lotus blossom. A placid azure swimming pool. The images came from a place called *Yoga in Salento (YIS)*.



"It was beautiful and peaceful. I said to myself, 'I must get to this place of stillness and sunshine.' I held on to that card as a talisman for months," says Stephanie, who was dealing with an intense period at work and a caved-in ceiling in her apartment.

The following July, Stephanie stepped into that idyllic setting on the Salento Peninsula, the tip of Italy's "heel" in the region of *Puglia*. Its fertile soil and pristine coasts have long attracted outsiders—from ancient Greeks to today's urban Italian and northern European sun seekers. Mystery and melody inhabit this rustic land, as evidenced by the conical-roofed stone houses called *trulli* and the exhilarating rhythms of *pizzica* folk music.

For another New Yorker, Katie Rashid, a week at YIS opened vistas onto Ashtanga yoga as well as the region. "It was my first time to Puglia and I loved being there. I loved being near the sea, I loved the rawness of the area,

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Gigi 62, flickr.com

Warm Weather + The Dolomites = Perfect Together

Despite dozens of visits to Italy, I'll readily confess that the Dolomite Mountains (*Dolomiti*) in the northeastern corner of the country had barely registered on my radar. I was familiar with *Cortina d'Ampezzo* of course, site of the 1956 Winter Olympics. Plus I knew that Cortina was a famously luxurious town with a reputation for chic après-ski partying à la Aspen. One winter, I thought, I might come here to ski — after I advanced a bit in my talents and when I could afford just the right skiwear (keeping in mind *la bella figura*).

Instead, I was invited to visit the Dolomites on a hiking vacation early last September. Apparently, there's great debate about whether the mountains are truly more beautiful in the summer or winter (an unusual September snowstorm gave me an inkling of what it's like in both seasons) and I jumped at the chance to see for myself. While better-known hiking trails in other parts of the Alps are frequently crowded in the summer, the Dolomites remain something of an unknown — especially to foreign sports enthusiasts. Though that may be changing; a few months before my arrival, the Dolomites were named a World Heritage Site by UNESCO.

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Salento is dotted with coastal watchtowers.



These mountains were named after *Deodat de Dolomieu*, a French geologist who was the one to discover in 1789, an unusual carbonate rock that had foreign properties. “Dolomite” became the name of both the mineral, as well as the mountain range where he found it. A high manganese content gives the gray rock a uniquely gold and then pinkish hue as the sun rises and sets. The Dolomites sit on the current border between Italy and Austria. Much of the area once belonged to Austria and was annexed by Italy after World War I. There’s also a native local population, the Ladini, who have been here since Roman times. Everywhere — though it varies from town to town — there’s a mixing of three cultures and three languages.

What surprised me about the Dolomites before I saw their jagged edges in the distance? The fact that I could meet my hiking companions at Venice’s *Marco Polo* Airport and be in the mountains in about two hours. I had never considered combining a trip to Venice with a mountain adventure; a contrast of experiences worth considering. (Cortina is actually in the region of *Veneto* while most of the Dolomites are across the border in *Alto Adige*.)

Even if you’re wary of renting a car in Italy it is certainly possible to get to, and around, the Dolomites using an excellent bus system (equipped for bringing your bicycle along). There’s a

bus from Venice’s airport to Cortina that costs 20€ each way (www.dolomitibus.it). Ski lifts also help get you where you’re going in the mountains. The *Sella Ronda* circuit — a famous skiing route also used by hikers and bikers — connects four Dolomite valleys via lifts.

An Introduction

Pulling up to Cortina, the town looked much like I had imagined, blooming flowers, Alpine architecture, neat and clean streets and fashionable shops in the center of a mountain meadow, with some of the Dolomites’ 18 peaks in the background.

My group of travel professionals and hiking enthusiasts dropped our bags off at small, central hotel went to a nearby *pizzeria* for a bite to eat and to meet *Agustina Lagos Marmol*, the owner of *Dolomite Mountains, s.r.l.* and the leader of our trip. A tall, fit Argentinian, Marmol, originally settled in the Dolomites more than 15 years ago as it is the birthplace of her former husband *Marcello Cominetti*, an internationally renowned mountain climber. Cominetti helps to lead some of her groups and their 8-year-old daughter, an experienced outdoorswoman already, is often in tow.

Marmol speaks with such passion about these mountains, you would have thought she was born here into one of the families that goes back

hundreds of years. “The Dolomites are unique in the world. No mountains offer such combination of rock beauty and excellent mountain services. The terrain is great for hiking, climbing, biking (mountains and road), via ferrata (the place where they have its origin from) and skiing. The Italian and Austrian culture blend with the local language in the area (Ladin) and this is reflected in every day people’s life,” she says.

Marmol knows what she is talking about because she has lived and worked all over the world and climbed, hiked and biked in some of the Earth’s most magnificent destinations. She began her travel career in the United States, planning trips for the illustrious Butterfield and Robinson. After founding her own Dolomites-based company, she has hosted trips here for companies like Mountain Travel Sobek. What many travel consumers don’t realize is that they can get the same trip, with all of the bells and whistles, by contracting directly with a local company like Marmol’s.

She believes there is something for everyone — of any fitness level — in the Dolomites — and there is somewhere for everyone with 5,000 miles of marked trails. Marmol is particularly passionate about bringing families to the Dolomites (there’s one with a 5- and 7-year old on our trip). This small business owner took note of how committed Marmol is to her business; she’s constantly on her Blackberry and remembers every detail.



Kathy Dragon, TravelDragon.com

Agustina

Cortina is nicknamed “the



Cortina d'Ampezzo

Agustina pointed out that Cortina is the perfect place for cyclists as designated bike resort with dedicated trails and special cycling events; this summer there's a three-day biking celebration, July 23 through 25. If museums are more your style, Cortina has quite a selection for a town of 6,000 people including ones devoted to World War I, ethnology, fossils and modern art. (cortina.dolomiti.com)

Cortina is a great base for those who want some post-outdoors action; though admittedly it is sleepier than in the winter. The *Hotel Ambra*, where I stayed, or *Hotel De La Poste*, are both in the center of town, within a few feet of places to eat and drink, from the Michelin-starred *Tivoli* to the stylish old wine bar *Enoteca*. *Hotel Park Faloria* is just outside the center of the town, near the Olympic ski jump, offers a spa, swimming pool and a little more room to run around for those traveling with families.

Hiking, Dolomites Style

On our first day of hiking, the weather was crisp, clear and sunny. With the staggering views at every turn in the Dolomites, a clear day truly means you can see forever — or at least as far as Austria. We hopped on a ski lift to get us above the tree line, providing increasingly promising views of *Cinque Torri* — mountain formations that resemble five towers.



Cortina

At the top of the lift, we stopped at *Rifugio Averau*. A rifugio is a mountain hut that welcomes travelers for food lodging or often times both, especially since camping in the wild is prohibited in the Dolomites. These mountains, hundreds in total, are central to the outdoors experience here. Nearly all serve hearty mountain food such as lamb and *polenta*, which is a staple here.

Our group split into two; those who wanted to do straight hiking and those who wanted to experience *via ferrata*, a mountain route combining cables,

bridges and ladders. Via ferrata allows access to those nooks and crannies that would be otherwise inaccessible simply on foot. Those in this area were originally built to aid alpine units in World War I. You'll

find these "iron roads" in neighboring Alpine countries but here they have the most historic significance. In fact there's an unusual one in the newly restored *Lagazuoi* tunnels (both Italian and Austrian troops built tunnels during the war). While *ferrata Averau* is considered an easy via ferrata, there are ones of all levels throughout these mountains. (viaferrata.org)

The rest of us started our climb along an unusual, steep broad ridge to *Rifugio Nuvoilau*. I soon got my bearing on the scree (loose rock). Obviously, having a good pair of broken-in hiking boots is essential for a trip like this. I spent the extra money to have mine properly fitted at a sporting goods

store back home.

Is it here where I admit that an elderly couple with a cocker spaniel as well as a five-year-old passed me on the trail? No matter, the views were worth the huffing and puffing. I could see the highest point in the Dolomites, *Marmaloda* (10,968 feet). It is hard to believe that these rock formations are mere babies, well at least in comparison to their neighbors; the Dolomites are the youngest of the Alps.

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Queen of the Dolomites."



This was one of my two favorite hikes. Later in the week we hiked to *Sasso della Croce* (Stone of the Cross) where we found a small white church that was consecrated in 1484 (how did they get the building materials up here?) and holds an image of Christ bearing the cross, hence the name of the mountain. We traipsed over lush rolling hills (walking poles come in handy) to one of my favorite mountain huts, Ranch Andre. There, friendly goats, a German shepherd named Tequila and food prepped on the outdoor grill (*turtres* — Ladino pastries — and grilled vegetables) were awaiting us.

History Lessons

Yet on that first day, I realized yet again why I always like to travel with a guide. My guide, *Karen Pizzinini*, was pleasant, charming and truly tied to this land by her Ladino heritage. is an expert on Ladino culture. Since the Ladini are a recognized minority in Italy, television time is provided for programming in their native language. Karen produces monthly segments in Ladino that air on the television station, Rai 3. While waiting for the group to return from their via ferrata) Karen gave me a lesson in Ladino culture 101. You can watch my video interview with her at youtube.com/dreamofitaly.

As we took a short walk over to the Cinque Torri open air museum, our conversation turned to war. Between May 1915 and October 1917, this area was the scene of horrific battles during World War I. When gunfire didn't claim lives, exposure did and the win-

ter of 1916 was particularly brutal. Those who had been peaceful neighbors were now killing each other and Karen told me that often the soldiers would often sneak down into the towns at night to get news.

Our reward for the physical exertion and history lessons learned was a trip to highest rifugio in the region, *Rifugio Lagazuoi*. After a short drive, we boarded gondola for the journey to 9,112 feet, where absolutely stupendous 360-degree views and a hearty Dolomiti lunch were waiting. The main dish of beet-filled ravioli topped with poppy seeds were perfectly filling. This is truly the must-visit rifugio in the area and even if you don't hike up, you can always walk down the mountain after lunch as that burns calories too, right?

Rosa Alpina

For the second half of our trip, we drove about 45 minutes over to the next valley of *Alta Badia* to the lovely, well-manicured town of *San Cassiano*. As Agustina told us, "Every valley has its own experience." Alta Badia, historically the most isolated area of the Dolomites, is home to a significant population of Ladini. Nearly every one of San Cassiano's 700 residents speaks Ladino at home.

That includes the gentile *Hugo Pizzinini*, the third-generation owner of the luxurious *Hotel Rosa Alpina*. There are few world-famous luxury properties that are family-owned as well as family-managed. Pizzinini was

so ever-present that we wondered if he ever slept. Hospitality is in his blood for sure as many of the nearby hotels and restaurants are run also by Pizzinini family members.

The welcoming and down-to-earth attitude of the owner is mirrored in the hotel décor with light-colored alpine wood furniture and elegant yellow, white and earthy-colored fabrics. The feel is modern with a nod to history. There's a lovely fire burning in the lobby year-round.

While part of our group spent the day hiking to an overnight at *Rifugio Lavarella*, I settled into my plush room, making an appointment for the Rosa Alpina spa. (Yes, I felt guilty when it started to rain on the hikers.) My esthetician *Elsa* was so lovely that I made a note to tell Hugo how pleased I was with her service. Pride is contagious at Rosa Alpina leading to an 80% return rate among its guests.

In addition to the warm and luxurious atmosphere, guests are also drawn to Rosa Alpina for the food. The hotel's restaurant *St. Hubertus* and chef *Norbert Niederkofler* have been awarded two Michelin stars. To dine here is to experience the flavors of these mountains in a most innovative way. Consider *risotto* with pine needles served with gently smoked breast of guinea fowl or filet of venison with *balsamico* cherries, *cannolo* stuffed with cardamom mousse and *ricotta gnocchi*. I'm not usually a fan of foie gras but months later still dream of Niederkofler's *foie gras crème brûlée*.

“Co va la pa?” means “H



Amazingly, St. Hubertus is one of three restaurants within a few miles that hold Michelin stars; there's also *La Siriola* in San Cassiano's *Hotel Ciasa Salares* and *La Stiia de Michil* in *Hotel La Perla* in neighboring *Corvara*. (The bigger town of Corvara offers more shopping, restaurants and hotels to choose from, with the *Hotel Posta Zirm* as a more affordable lodging option.)

To welcome our hearty hikers back to the Rosa Alpina from their night away, Pizzinni prepared a treat that none of us will soon forget — a lavish lunch at his family's personal rifugio within a short hike of the hotel. We enjoyed a feast of mountain cheeses, sausage, grilled meat, polenta and porcini while we once again took in the breathtaking landscape. He's happy to set this up

for any of his guests.

I wasn't quite what to expect on my warm weather adventure in the Dolomites. What I found was overwhelming — nature at its most tantalizing, history and tradition coming alive and welcoming locals who take such pride in their land, culture and families.

Guides and Organized Trips

Agustina Lagos Marmol

Dolomite Mountains, s.r.l.

(39) 0436 7320

www.dolomitmountains.com

Agustina's company can plan hiking, biking, climbing, Via Ferrata, skiing, snowshoeing and photo safari excursions, custom vacations (in any price range) and self-guided trips in the Dolomites.

Rates: The cost for an individual guide starts at 220€ per day. A private two-day hike with one night in a rifugio costs about 430€ for a minimum of two people. An organized trip like "Hiking the Best of the Italian Alps" accompanied by a mountain guide with six nights accommodation (two in Cortina, four in mountain refuges) and some meals starts at 1,060€ per person, depending on the group size.

Where to Stay

Most hotels are closed from April to mid-June and October through mid-December. Many rifugi are open only in the summer.

Rifugi

Staying in a mountain refuge is the most affordable and authentic lodging option in the Dolomites. Rates vary, but plan on spending between 45 and 70€ per person, per night for accommodations, breakfast and dinner. Visit the Web site of the Club Alpino Italiano (www.cai.it) for a listing of local rifugi. Club members save 5% on their stays. Many of the rifugi I mentioned in the story are featured at www.dolomiti.org

Hotel Ambra

Via XXIX Maggio, 28
Cortina d'Ampezzo
(39) 0436 867344
www.hotelambracortina.it

Summer 2010: Opens June 12

Rates: In mid-June, rates start at 80€ for a standard double room and peak at 120€ in early August. All rates are per person, per night and include breakfast.

Hotel Park Falaria

Zuel di Sopra, 46
Cortina d'Ampezzo
(39) 0436 2959
www.parkhotelfalaria.it

Summer 2010: Opens May 26

Rates: A classic double room costs 120€ per night through mid-July. Starting in mid-July, the hotel raises its rates to 156€, and by mid-August, rates peak at 300€ before falling back down to 156€ at the end of August. A superior suite accommodates up to four guests and ranges from 184 to 340€. All rates include breakfast.

Hotel de la Poste

Piazza Roma, 14
Cortina d'Ampezzo
(39) 0436 4271
www.delaposte.it

Summer 2010:

Open June 12 to September 20

Rates: A double room with breakfast costs 200€ during the summer season. Half-board and full-board plans are also available.

Hotel Posta Zirm

Col Alt, 95
Corvara
(39) 0471 836175
www.postazirm.com

Summer 2010:

Open June 18 to September 30

Rates: A double room with half-board range from 91€ per person, at the beginning and end of the summer season, to 137€ during most of August. The smallest apartments, which sleep two to four people and have a kitchenette, range from 139 to 194€ per day, not including breakfast or half board.

Hotel Rosa Alpina

Strada Micura de Rü, 20
San Cassiano in Badia
39 0471 849500
www.rosaalpina.it

Summer 2010:

Open June 18 to September 19

Rates: Double rooms range from 170 to 230€, per person per day, including a breakfast buffet. Junior suites start at 200€ per person, per day.

1 € = \$1.35 at press time

How are you?" in Ladino.

the landscape, the smells, the sun, the music."

While yoga is a relatively new, but fast growing, practice in Italy, classic Mediterranean and Indian philosophies share a quest for self knowledge in pursuit of harmony. At Yoga in Salento, the association founded by *Genoa* native *Francesca "Frizzi" Maniglio*, these aspirations of east and west converge.



Francesca's mother, the prominent landscape architect *Annalisa Maniglio Calcagno*, designed several



rotating roster of acclaimed international teachers, such as Americans Louise Ellis and David Williams.

A Week in Paradise

For Stephanie Steiker, an experienced traveler drawn to out-of-the-way Mediterranean locales, YIS felt like a warm embrace. As a decade-long but sporadic yoga practitioner on her first-ever retreat, she was the only American among two

dozen male and female guests, which included Italians, French and Belgians.

"It was an expressive, interesting, self-selecting group," says Stephanie, who felt an immediate Big Apple bond with Francesca.



Stephanie shared a double room with a visitor from Belgium. She found the accommodations "low-key, nice and relaxed, not posh." Some guest rooms are in the restored house, some in an adjacent building.

Several Ashtanga yoga sessions, geared to different experience levels, were offered every

morning. (Depending upon the visiting teacher, the primary language could be English, French or Italian, with someone available to translate.) The Yoga Studio, housed in a separate building, is a temple of air and light with its high Romanesque arches, whitewashed walls, tile floors and generous windows.

Stephanie's teacher was Roman *Tina Pizzimenti*, a pioneer in Ashtanga yoga in Italy. "I had never done Ashtanga,"

areas of the grounds, including a small orchard. Her father, *Paolo Maniglio*, who owns a 5-star hotel in the nearby coastal resort of *Otranto*, is on a mission to collect and plant native species of fig trees, nearly two dozen and counting. (Are these native species on the estate?) And it's fitting that in this land of intense sun, the property is powered completely by solar energy.



Francesca's husband, Frenchman Marc-André Vincent, shares her dream and has been by her side in creating YIS. As Francesca says, "Nobody really believed we would actually leave Genoa but on March 10, 2007, in a FIAT 600, with our three cats we drove 1,200 kilometers and we started our new life in *Le Campine*." The couple had their first child *Giampaolo* last December.

The YIS tent is high and wide. Francesca encourages locals to come practice yoga and also welcomes students from around the globe. She has recruited a



As with most everything in Italy, it takes a family. After traveling abroad, earning a masters at City University of New York, and working as a documentary filmmaker in New York in the late '90s, Francesca returned to Genoa enlightened by a variety of yoga experiences. She wanted "to cultivate a way of life where peace, joy and friendship are celebrated as the very essence of who we are."

Francesca has recruited her family to collaborate in restoring the *Masseria Le Campine*, "Little Fields," her grandfather's century-old rose-hued country house, where she passed idyllic childhood summers. After a period of relative neglect, the property is once again thriving.

Yogi: A follower of the yo

...guests are free after brunch to swim in the pool, read, nap, go horseback riding, or explore the gardens on the 24-acre property.

Stephanie says. "You're supposed to know the positions. I did improve and I felt great doing it."

After classes, between the hours of 10 a.m. and noon, everyone convened on the shaded veranda to share a vegetarian buffet brunch. Offerings could include salads, cold pasta, *friselle e pomodoro* (a bread ring dressing with fresh tomato and luscious olive oil) and fruit.

"The chef was incredible. The food was healthy, organic and beautiful. A big part of my attraction to Puglia was the food—eggplant, zucchini, tomato, basil, homemade pasta, vegetables from the garden, and incredible desserts," Stephanie says. At YIS, the Italian Slow Food movement meshes seamlessly with the tenets of macrobiotic eating.

Three afternoons a week, yoga classes and optional massage sessions are offered but otherwise guests are free after brunch to swim in the pool, read, nap, go horseback riding, or explore the gardens on the 24-acre property. Some take the short train trip into the Spanish baroque city of *Lecce*.

Those with cars organized into impromptu mini-groups for outings. Within easy driving distance on the rough points of a diamond emanating outward from Le Campine: Lecce to the north, the port of *Gallipoli* on the western Ionian Coast, the pretty seaside *Otranto* east on the Adriatic, and gorgeous beaches along *Santa Maria di Leuca*, the very southern tip of the

peninsula. For Katie Rashid, encountering "warm and friendly" people from Puglia was a pleasant part of her experience.

At 7:30 p.m., dinner is served on the veranda. "Afterwards, people usually stayed at the beautiful tables to talk, which was so lovely — a mix of languages, cultures, and experiences, with plenty of laughter," Stephanie says. "A few people would drift over to the pool area to sit and talk there, look at the stars, relax quietly. Sometimes a small group of us would meander into town for a kind of post-

meal constitutional. Then, off to bed, some reading, or a good night's sleep."

For Stephanie, YIS proves to be the vacation that keeps on giving. "You just feel good when you're there—and you carry that home with you," she says.

—Sharon Sanders

Writer and certified culinary professional Sharon Sanders lived for several years in Firenze where she married in the Basilica di Santa Croce. She contributes to Women's Health, Cooking Light and other national publications. She is the author of Cooking Up an Italian Life and inspires others to "feed their Inner Italian, body and soul" on her award-winning blog www.simpleitaly.com

The Details

To get to Le Campine in Zollino, you may fly to Bari Airport (169 km) or Brindisi Airport (50 km). You may rent a car or board local bus and train

lines to connect to Lecce and transfer to Zollino. From Brindisi, taxi service is available. With advance notice, YIS also organizes group pick-ups.

Trains to Lecce depart from major Italian cities. Rome to Lecce is 5 ½ hours. From the Lecce train station you may take a taxi or take the Ferrovie del Sud Est local train, a 20-minute ride to Zollino, then a 5-minute walk to Le Campine.

Retreats are scheduled from April through October.

Yoga in Salento

Le Campine Eco Resort
Via Stazione, 116
Zollino

(39) 0836 802108
(39) 3489 117272 (mobile)
www.yogainsalento.com

Rates: A single superior room with private bath ranges from 90 to 120€ per night, depending upon the season; superior double 55 to 65€; superior triple 35 to 45€. (All bookings include yoga classes, brunch and dinner).

For guests who'd prefer luxury accommodation in nearby Otranto, the Maniglio family also runs this 5-star hotel with Ecolabel certification:

Hotel Palazzo Papaleo

Via Rondachi, 1
Otranto (Lecce)
(39) 0836 802108
www.hotelpalazzopapaleo.com

Rates: Classic rooms with double occupancy range from 99 to 285€ depending upon the time of year.

1 € = \$1.35 at press time

ga philosophy; an ascetic.

More Yoga Retreats in Italy

"Yoga has really grown in the six years we've been in Italy in a way that it had grown in the U.K. before we left," says John C. Parkin who, with his Italian-born wife *Gaia Pollini*, operates *The Hill That Breathes Yoga Retreat Center* near *Urbino*. "There are half a dozen yoga mags on the newsagent shelves that didn't exist five years ago." Among them is the Italian edition of the

American publication *Yoga Journal*.

"Yoga is practiced in the large Italian cities where many younger people are drawn to it," says Lucy Bremner, of *Sunflower Retreats* in *Casperia*. "It's also growing more popular in the villages because of the health and relaxation benefits. Many Italian doctors are also

convinced of yoga's benefits and so it's recommended widely."

For those who literally want to get away from it all—to unify body, mind and soul—while immersing themselves in the Italian countryside, check out these yoga retreat centers:



The Hill That Breathes (La Collina Che Respira)

Localita Girfalco
Via Ca Loreto, 3
Urbino
(39) 0722 347895
www.thehillthatbreathes.com

Location: On 100 wooded acres in the region of *Le Marche*, 20 minutes south of Urbino, this eco-center relies on solar energy, well water, and local foodstuffs. A restored farmhouse, geodesic dome and a salt-water pool are among the amenities.



Philosophy: "We are a responsible holiday business with a responsible travel policy but we are also rather silly as people and we think it's possible to combine the two."

Retreats: Week-long courses taught in English (with one free day), for up to 26 guests of all experience

levels, in Hatha, Kundalini, Ashtanga, Iyengar and Jivamukti yoga, with an international roster of teachers from late April until early November. Classes are held in a large light-filled dome in the forest.

How to Get There: *Ancona* is the nearest airport to The Hill That

Breathes. It is serviced by Ryanair from London. Transfers can be arranged to The Hill. The Milan and Rome airports are both about 4 1/2 hours by car. The nearest train station is *Pesaro*. Information about booking a 50€ flat rate taxi to The Hill is posted on the Web site.

Rates: Basic prices are between 845 and 995€ (based on triple occupancy) per-person, per-week, depending on the week and course. (Single rooms are available for a supplemental fee.) All prices include accommodation, full board and classes.

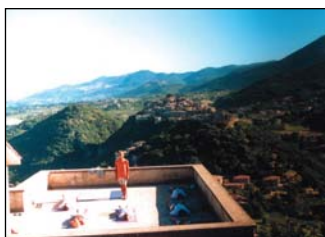


Sunflower Retreats Holidays

Via Tito Tazio, 11
Casperia
(39) 3331 893092
www.sunflowerretreats.com

Location: Casperia, situated in the heart of the Sabine Mountains in the region of *Lazio*, is a car-free hilltop medieval village, with fewer than 350 inhabitants who are largely involved in the running of Sunflower Retreats. The town is surrounded by olive groves, vineyards and forest-covered mountains.

Philosophy: "Our yoga retreats and holidays are based around health



and relaxation, good food, Italian culture, eco-tourism and nature, and we promote, acknowledge and transmit the intrinsic and endless values of nature to all our clients."

Retreats: Lucy Bremner and many guest teachers conduct classes in English—open to beginners and more experienced yogis—from March through October. Classes

are primarily Hatha yoga with some teachers specializing in Iyengar and Ashtanga. Weather-permitting, classes are conducted on an outdoor platform. Other activities available are massages in a variety of styles, reiki, thermal baths and natural hot sulphur springs.

How to Get There: Casperia is located about 90 minutes from

Rome. There is a train from Rome's Fiumicino Airport to *Poggio Mirteto Scalo* station. The train fare is around 5€ and includes the local bus service from Poggio Mirteto Scalo station to Casperia. Information on a 45€-per-person transfer from Fiumicino directly to Casperia (minimum two people) is on the Web site.

Rates: Basic prices are between 500 and 620€ (based on double occupancy) per person, per week and include accommodation, breakfast, daily 90-minute yoga class, guided mountain walk and all-week use of bicycle. (Single rooms are available for a supplemental fee.)



Yoga originated in India 5,000 years ago.