

Retreat Description

Come away to the **HEART** of Italy, where you may be nurtured by the beautiful Umbrian Mountain setting at "Fattoria di Vibio", the phenomenal Italian cuisine, the relaxing benefits of the Wellness Centre and Spa, and soul-inspiring SynergyDance/Yoga! Upon arrival, you will be welcomed by the **SPRING** scents of wisteria and jasmine as you walk down the enchanting stone pathways, spying the red tile rooftops of your comfortable and pleasing farmhouse quarters ahead. You will then join the other participants for an Opening Circle followed by a reviving 4-course meal beneath trellis vines.

Every day thereafter will be full of **MAGIC** and delights as we dance, relax, and celebrate our existence. Activities and outings will be arranged per participant group interest on Tuesday, Thursday, and Saturday afternoons. A Closing Circle Ceremony will be held on Saturday followed by a final fabulous dinner. Sunday, we will enjoy a leisurely check-out and be on our way full of new vitality and **JOY** for whatever life brings next!

Activities On-site* or in the Area:

Cooking-courses*
Massage & Private Spa Treatments*
Astrology Readings with Genevieve*
Mountain biking & hiking*
River-rafting
Horse-back riding
Visiting local medieval villages/hill-towns
Shopping at local shops and markets
Exploring the local landscape & vineyards*

Retreat Details

Dates: 7th –13th May 2006
Arrive: Sunday 7th May
Depart: Sunday 14th May
Participant Maximum: Twenty
Price Per Person/Week: € 945
Early Bird: € 795 (deposit by 21.12.05)
Non Synergy Participant: € 745
Deposit: € 300 (at time of booking)
Balance: Due 3rd April 2006

Price includes :

Accommodation - Two people sharing Italian farmhouse style twin bedrooms en suite for 7 nights (Other rooming options available at additional cost.)

Full- Board - Breakfast, lunch and dinner...delicious gourmet meals prepared in an open-viewing kitchen; indoor/outdoor garden seating (vegetarian options available).

Wellness Centre - Daily use of outdoor and indoor heated pool with whirlpool jets, Turkish Bath, water/stone foot massage track, sunroom lounge, and Yoga space.

SynergyDance/Yoga - Daily morning sessions (M-Sat, 10am-12:30pm) and afternoon sessions (M, W, F, 4-6pm).

About SynergyDance/Yoga

SynergyDance/Yoga is a holistic and naturally **PLAY**ful way of moving **ENERGY** in the body to unwind from stress and to release pain, to open to the healing source of Divine **LOVE**, and to sustain **BALANCE** and well-being in our lives.

What is a Session like?

SynergyDance/Yoga sessions involve guided meditation, breath-work, and **GENTLE** natural exercises that anyone can do regardless of age, experience or fitness level. Careful instruction ensures that participants maintain correct body alignment of the neck, spine and knees so that no injuries occur. Participants move to world music through a gradual, **ORGANIC** progression of exercises that essentially include a warm-up, cardiovascular component, and a wind-down into **DEEP** relaxation. The facilitator guides the movement through the structure of the elements of Ether, Water, Air, Fire, and Earth and their **HEALING** powers. Each element inspires a different type of **EXPRESSIVE** movement which shifts energy blocks in the body, mind, and heart.

About the Facilitator:

Danielle Vierling, a native Californian, has been exploring dance forms, i.e. ballet, contemporary, African, Latin, Middle Eastern, & Indian, for nearly all of her forty years. She was certified to teach SynergyDance by founder, Charmaine Lee, in 1996 and has been holding classes and workshops in Dublin, Ireland ever since. During her SynergyDance & Yoga sessions, Danielle channels Divine Light, Love, and Wisdom to allow movement to be guided spontaneously and perfectly suited to each group.

For Booking and Further Details:

Contact Danielle Vierling:

Ireland: 353- 085-703-4984

danivierling@yahoo.com

www.SynergyDance.com

Note: SynergyDance/Yoga is based on a healing modality known as Polarity Therapy. See www.polaritytherapy.org to learn more.

Helpful Suggestions:

If you choose to visit the amazing but busy cities of **Rome or Florence**, enjoy them **BEFORE** you come to the SynergyDance/Yoga retreat so that you are sure to retain the relaxed state of being you will have attained in the peace and quiet of the Umbrian Mountains.

Get a Flight to **Rome's Ciampino Airport**, it is much smaller and more manageable than the main Leonardo di Vinci Fiumicino Airport and is equidistant to Rome city centre.

From Rome, you can easily **rent-a-car (Avis or Hertz)** or catch the **Terravision bus** (leaving every 20 minutes and taking 45 minutes to **Rome's Central Termini** Station).

Useful Websites:

www.aerlingus.ie for Rome's Fiumicino Airport

www.ryanair.ie for Rome's Ciampino Airport.

www.Romeby.com for a full range of charming and reasonable accommodation options in Rome. (Aeanea's B&B is a hidden gem at a good price!)

www.nyceFlorence.com for a full range of splendid accommodation options in Florence.

www.fattoriadivibio.com

Directions From Rome or Florence:

From Florence

Driving a Car:

(Driving Time: 3 hours)
180 Km

Take the A1 for ROME

Exit at ORVIETO
SS 448 for TODI

Left for PRODO-
QUADRO (SS79 Bis)

Follow signs for
"Fattoria di Vibio"

From Florence

via Train:

(Travel Time:
3 hours)

From:

Firenze-Terontota-
Perugia

to Ferrovie dello Stato
in Terni

to P. San Giovanni
Station

To: Ferrovie Centrale
Umbra in Todi

From Rome

Driving a Car:

(Driving Time: 2 hours)
120 Km

Take the A1 for FIRENZE

Exit at ORTE direction
TERNI-PERUGIA

At junction follow
PERUGIA-CESNA (E45)

Exit at TODI-ORVIETO
(2nd exit for Todi),

Stay in the direction of
ORVIETO for 5 kms
(SS448)

Right at PRODO-
QUADRO (SS 79 Bis)

Follow signs for
"Fattoria di Vibio"

From Rome

via Train:

(Travel Time: 2 hours)

From:

Roma Termini Station
to Ferrovie della Stato
in Terni

To: Ferrovie Centrale
Umbra in Todi

Note: Upon request,
arrangements can be
made for car-sharing
or pick-ups/drop-offs
from/to the Train
Station in Todi,
Umbria.

SynergyDance/Yoga Retreat

in the Warm Heart & Light of Italy

Umbrian Mountains 7th - 13th May 2006



