

Yoga Retreat in Italy

with Mimi Kuo-Deemer and Margi Young

Embodied Awareness
Friday, May 25 - Thursday, 31, 2012

Join Margi and Mimi for their annual yoga retreat at La Locanda della Quercia Calente, a beautifully renovated farmhouse in the Umbrian hills of Italy. Each day will include two yoga classes, a meditation session, three delicious meals, and plenty of downtime for lounging, chatting, reading, napping, strolling, swimming, eating gelato, etc. There will also be excursions and a wine tasting from local vineyards.

Yoga: Each day will begin with an optional early morning meditation. After a light breakfast, there will be one or two invigorating and enlivening vinyasa-based yoga classes, with options on some days for beginner/intermediate and intermediate/advanced classes. Margi and Mimi will co-teach, which means lots of personal attention for all participants. We will explore themes from Ayurveda and yogic texts to enhance the practice: for example, observing how awareness of the koshas (body, breath, mind, wisdom and bliss) and the elements (earth, air, space, water and fire) can deepen our experience on the mat and in everyday life.

Location: La Locanda della Quercia Calante is near the historic city of Orvieto (150 km/90 miles north of Rome). The property has a spacious and fully equipped yoga studio, two swimming pools, a whirlpool, elegant rooms, and a restaurant serving local Umbrian cuisine. There is an organic farm on the property and local wineries that supply the restaurant.





Accommodations

Single, double, or triple room occupancy available. Each room has a private bathroom and outdoor porch overlooking the park of the Locanda della Quercia Calante. Guest rooms are simply furnished in typical Umbrian style, with individual thermostats, terracotta floors, wooden ceiling beams and brick walls.

Cuisine

Meals at La Locanda della Quercia Calante are extraordinary, well-balanced and carefully planned by the owners, who take great care with their selection of ingredients. The cuisine is typical of Umbria and Tuscany, based on local products, made fresh daily, and 90% organically grown on the Locanda della Quercia Calante farm. Meals can be both with meat or all vegetarian. The wine list is also carefully selected and includes quality wines from small local vineyards that are kept in the Locanda's ancient wine cellar.

Activities & Excursions

We will plan one afternoon excursion to the historic city of Orvieto, and one to the the Fonteverde Thermal Baths and Spa. All excursions are optional. Therapies such as massage and chakra clearing will be offered at La Locanda as well.

Cost (per person) and Payment

Triple room: £835 or US\$1330 per person (discount before February 20, 2012: £795 or US\$1265)

Doubles room: £940 or US\$1500 per person (discount before February 20, 2012: £895 or US\$1425)

Single room: £1220 or US\$1945 per person (discount before February 20, 2012: £1105 or US\$1760)

Deposit: A non-refundable deposit of £200 or \$330 will reserve your space on the retreat. Payment must be made in full to receive discounted price before Feb 20. The price includes all yoga, three meals/day and accommodations.

Transportation costs are not included. Payment can be made by check or bank transfer.



Mimi Kuo-Deemer and Margi Young

Mimi Kuo-Deemer and Margi Young have joined together to do yoga, travel, eat good food and appreciate life for over 10 years. They both teach strong, alignment and breath - based vinyasa flow as well as meditation and restorative yoga. Margi taught at the prestigious OM Yoga in New York City and was a primary teacher on their teacher training staff before her relocation in 2010 to San Francisco, where she teaches weekly classes at Yoga Tree. Mimi taught for 7 years in Beijing, China, where she co-founded Yoga Yard, the city's first and leading yoga studio. She now lives in London and teaches weekly classes at The Life Centre and triyoga, where she is also a faculty member on their two-year teacher training course. www.mkdeemer.com (Mimi) www.downtowndog.com (Margi)

"The retreat at La Locanda was an experience I'll always treasure. Mimi and Margi have an ease and camaraderie together that translates to a joyous sense of vitality both on and off the mat. Their enthusiasm was infectious, and I found the retreat to be a perfect combination of calming and energizing. There was always space for reflection and contemplation, but also plenty of time for laughter, feasting, and celebration." – Susanna Beacom

"My thanks go to Mimi and Margi for an incredible retreat- and it really was a retreat, a chance to take a step back from the world and our lives back home. It was exactly what I needed and much much more. I can feel so many shifts following the retreat, some small and some big, and all powerful. And the group were so wonderful, it was important for me to be reminded there are good kind people in the world - I am so grateful I was able to have the chance to spend time with them." – Sarah Cambell

Bookings/More Info: Mimi +44 (0) 7794 251309 or Margi +1 646-413-1109

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