

# Yoga, Cooking, and Bliss Beneath the Tuscan Sun

## Yoga Cucina: A Dream Week in Tuscany

With Deep Yoga Instructor Anne Marie Welsh

Sunday, September 11 through Saturday, September 17, 2016

Join me and the villagers of Radicondoli, Italy for an intimate group adventure designed to immerse you in authentic Tuscany and Tuscan life. We have planned a blissful week of Yoga, cooking classes, wine tastings, local exploring and historical excursions, all headquartered at an elegantly restored, 800-year old farmhouse, [Locanda Cugnanello](#), where the chef owner and her staff offer unparalleled hospitality, local food and wines, and tastefully appointed rooms.



A medieval gateway leads from the village of Radicondoli to the rolling hills beyond; braised artichoke hearts, a typically Tuscan dish from a village kitchen.

Five years ago I led my first Deep Yoga retreat in the magical hill town of Radicondoli just west of Siena in Tuscany. If paradise has an earthly habitation and a name, Radicondoli is it. During your Yoga Cucina Dream Week, you will taste the region's fresh local food and wine, feel the rhythms of its days and the season, energize *and* relax with Deep Yoga and meet many Radicondolese, now my friends, thanks to

Marlane Agriesti who introduced me to them and this corner of the world she loves.

You will enjoy morning and evening yoga; several Tuscan cooking classes; a tour of Count Andrea di Pannoschicchi's greenhouse, vineyards and solar fields, followed by a cooking class at his 13<sup>th</sup> century villa; a tour and lunch at a Duke's gorgeously-appointed horse farm and a tasting of his cinta senese salumi made on site; a regional winetasting with expert Federico Giuliani; guided excursions to glorious Siena and the ancient walled city of San Gimignano, and walks around the enchanting village of Radicondoli.

Because the Italian government protects the region as a historic site and national treasure, the sun-splashed countryside is a photographer's paradise.

I will offer gentle sun salutation Yoga each morning and restorative classes closing with the guided meditations and complete relaxation of Yoga Nidra each early evening. My Deep Yoga classes are designed as a pathway to personal healing, a calm mind, creative inspiration and sustained happiness.



Anne Marie, leading sunset restorative yoga by the pool.

The six-night, seven-day retreat is limited to 14 people and is all-inclusive, except plane fare. Your fee includes pickup and drop off in Florence, all local ground transportation, deluxe lodging in Marion Riedmiller's eco-sustainably refurbished Cugnanello, twice daily yoga sessions, the cooking lessons and meals afterward with engaging (and varied!) local chefs, the wine and salumi tastings, excursions to both famous cities and private nearby sites, all meals including wine at "home" and out, as well as English-speaking drivers.

You do not have to be an experienced yogi or cook to reap the benefits. After one week of Yoga Cucina, you will return home revitalized and refreshed, with a new yoga practice, new recipes, a relaxed mind and open heart. *Viva la vita vera Toscana!*



During Yoga Cucina One, we joined a group of Maine bicyclists for lunch at Peter Woerner's farmhouse near Cugnanello. You will meet Peter, too.

All bedrooms at Cugnanello have flat-screen televisions, wi-fi and updated private baths. The entire facility is ours for the week, including the large yoga/meeting room, teaching kitchen, dining room, saltwater pool, "beach" volleyball court, and lovely terraces. A \$500 deposit by March 1 (fully refundable through June 15) will secure your place. Prices are: \$2,995 per person double occupancy in bedrooms with either double or twin beds; \$3095 per person in a larger double room with double bed; \$3195 per person double occupancy in a junior suite with double bed; \$3395 per person double occupancy for a deluxe junior suite with twin beds and \$3,695 per person double occupancy for the Giacinta which includes a double four-poster bedroom, living room, smaller bedroom with double bed, and a private bath. Photos and dimensions of these room choices are on the Cugnanello website. I have an architectural blueprint of the villa, pictured below, which I am happy to share. Single upgrades are \$300 to \$500, depending upon the room.



As my friend Marlane likes to say, the Tuscany retreat is a cultural exchange in which the people of the village open their doors and hearts to the *stranieri* (foreigners) and show them that everything they need to be happy can be found in their own back yards.

I am happy to answer any other questions about the retreat and my Deep Yoga classes at 858-456-5205 or [annemariewelsh@gmail.com](mailto:annemariewelsh@gmail.com) . For more on my Deep Yoga classes in La Jolla, see [Yoga](#) on my website. Here's a [Ranch & Coast](#) story about Marlane's Il Campo Cucina that mentions my earlier offerings in and around Radicondoli. And below are a few testimonials about my Italy retreats, with many more destination retreats reviewed on [my website](#). Thank you, and hope to see you in Italy in September.

Love and Namaste,  
Anne Marie



From left, Anne Marie, chef Luana, Yoga Cucina participant Michele Cuadron.

Tasting a new mint from the garden with acclaimed Chef Luana Vaghegini, center. She grew up on a self-sustaining farm in Radicondoli, worked in Rome restaurants, and came home where she opened an excellent restaurant, Agriteca in Piazza -- all natural, local, and seasonal food. She is a gem; we will be lucky to have her as a teacher!

### **Testimonials for Yoga Cucina:**

I had a fabulous time in Italy on a yoga and cooking class retreat in Tuscany (Yoga Cucina Dream Week) with Anne Marie Welsh and new friends. I want to go again next year as it was first class from day one. Wonderful country, food, wine, Deep Yoga classes. and travel companions. I can't think of a vacation I have enjoyed as much as this one. I'm already planning on next year. Marlane Agriesti's hospitality and the . . .venue were incomparable. I love, love, loved it all!

Diane Rooney,  
Sebastapol, California

I had such a wonderful time with you, Marlane, our group and the villagers in Radicondoli. Tell me when you are doing another Yoga Cucina. I will come again, for certain, and round up a friend or two to bring with me. Love from. . .

Maryanne Koussas,  
Psychotherapist  
Sydney, Australia

My best memories of our time in Tuscany are Anne Marie's sunset yoga classes by the pool and the red fox who watched us from a cautious distance.

Terry Karras,  
In *Ranch&Coast*,  
Solana Beach, California

### **Tuscany Retreat Testimonials/ Yoga plus Writing**

I enjoyed my Transformational Yoga for Writers Retreat in Radicondoli tremendously. It was a superb week, during which the beautiful landscape and the unique workshops inspired me to write prolifically. Anne Marie created a sense of safety for the participants to explore their deeper voices, and the Yogic tools she shared—meditation, mantra and the physical practice—made me feel centered, peaceful, and energized. Comfortable accommodations and delicious, local Tuscan food were other highlights of a retreat I highly recommend.

Oliva Espin, Ph.D.

Professor Emerita, San Diego State University

Author, *My Native Land is Memory: Stories of My Cuban Childhood*;  
*Latina Realities: Essays on Healing, Migration, and Sexuality*; many other works.

This was a very nice, if surprising, combination for me. I found the Yoga a great way to get myself in a good physical and mental state to open up for writing. Anne Marie has a warm calming ability to make you feel completely comfortable. I enjoyed the experience very much and for my writing, it was very productive. Thanks, Anne Marie! Peter Woerner, Architect and Author, Guilford Connecticut



A view of the village from the road approaching Radicondoli