

*"Practice refreshes and brings refuge,
where we can withdraw from the dazzling sun"*

Summer retreat in Cortona, Italy



A very special yoga retreat on the hills near Cortona, Tuscany
Over looking Val di Chiana

Seven days of yoga in Villa Ugo with Sandra Sabatini and Michal Havkin

A morning and a late afternoon practice of Panayama and Asana

Two meals prepared by our excellent cook Adalgisa

Time to practice

Time to read

Time to swim

Time to walk in the woods

Starting Saturday July 11th until Saturday July 18th

For details and information please contact Ugo Sabatini

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