



**a yoga retreat in Italy**

**A P R I L 2 0 2 4**

# **INDULGE IN BALANCE**

**Join us for a week in the Tuscan hills!**

**We will explore this ancient landscape, as well as our inner landscapes through the practice of yoga asana and meditation.**

**daily yoga + meditation**

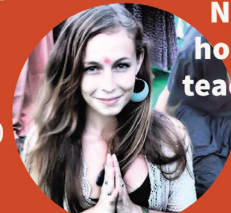
**tour hot springs + ancient towns + vineyards**

**accommodation + local meals**

**Chiara  
Brasini  
host +  
teacher**



**Suzy  
Nye  
host +  
teacher**



**Future dates to come!**

**(509)521-7488 or (707)267-8320**

**info@suryayogaitaly.com**

**suryayogaitaly.com**

**Find us on Instagram @suryayogaitaly**