



## **Yoga & Horse-Riding at Vallebona In Pontassieve, Tuscany, Italy From May 08 to 15, 2021 With Sandra Bicker and Vallebona ... Fascination Nature & Yoga...**

In the midst of typical Tuscany countryside surrounded by olive groves, vineyards, woods and ancient farms and castles, Vallebona is a dreamlike location to enjoy Yoga & Horse-Riding. In its relaxed, familiar atmosphere, the old stone farmhouse of Vallebona offers its guests peace, beautiful natural surroundings, typical local cuisine and unforgettable riding.

**Feel yourself. Feel your horse. Deeply inhale and exhale. Relax and laugh.**

**Experience and enjoy Yoga, Horse-Riding & Bella Italia!**

### **Agriturismo Vallebona and its horses**

The house originated from a watch tower which belonged to the Guidi Counts in the 11th Century and is situated only 20 km from Florence, near the town of Pontassieve. For over 20 years it has been run by expert horseman Franco Melis and is well known both in Italy and abroad for the quality of its horses and the experience of its guides. Vallebona has 35 horses of different breeds (Maremma, Quarter horse, Sardinian anglo-arab), all of which have been trained or re-trained following the principles of "natural horsemanship" to guarantee maximum physical and psychological condition and reliability.



### **Yoga**

In the mornings and/or evenings (depending on our horse-riding schedule) we practice Yoga for about 90 min. - remaining mindful, loving and focused throughout. In the mornings we start with vitalizing breathing techniques (Pranayama) and invigorating body postures (Asanas). After horse-riding we unwind with gentle stretching postures, conscious breathing and deep relaxation. The complementary singing with harmonium accompaniment helps facilitate a deeper involvement and feeling of the asanas. Also suitable for beginners.

### **Horse-Riding**

It is possible to ride both in the morning and afternoon, choosing between lessons and one to two hour rides out in the countryside. Lessons and rides are arranged according to the experience and preparation of the riders so that everybody can get the most out of the experience. (Detailed programs will be agreed before or onsite. Also suitable for beginners.) Our program will include one whole day on the horse - without Yoga and and one day with Yoga in the morning and evening - without horse-riding.





### Accommodation and Board

We'll stay at the beautiful Agriturismo Vallebona, in a very friendly and relaxed atmosphere. Accommodation is available in double or triple rooms. The rooms are light, spacious and airy, typical of old Tuscan farmhouses. Bathrooms are located on each floor, each one shared by two rooms.

We'll be pampered with tasty healthy vegetarian food - each meal balancing the different typical recipes and the seasonal genuine ingredients.

Further information at [www.vallebona.it](http://www.vallebona.it)

### Arrival / Departure and further information

Vallebona is located only 20 km outside Florence. It can be reached by train (nearest train station is Pontassieve, please check timetable [www.trenitalia.com](http://www.trenitalia.com)). Transfer to Vallebona on request.

It is also possible to arrange transfer to/from Florence or Pisa airport. Please contact us for further details and recommendations.

### We recommend that participants acquire travel cancellation insurance.

Room occupation at Vallebona begins upon arrival on Saturday, May 08. We will meet in the early evening for welcoming introductions.

Departure from Vallebona is planned for Saturday, May 15 after breakfast.

### Costs and Services

Prices include Yoga classes, meditative exercises and 12 hours Horse-Riding, accommodation, incl. breakfast, lunch and dinner. **Low season. Surcharge for single accommodation 200,-€.**

**Early bird special through 08/01/2021 from 910,-€**

Regular bookings as of 09/01/2021 from 960,-€

Type of accommodation:

	<b>Early bookers</b>	Regular price
Shared room (3 participants)	<b>910,-€</b>	960,-€
Double room	<b>970,-€</b>	1020,-€

Max. 12 participants.

*Additional horse-riding can be booked on site as required.*

## Whether a familiar face or a new one, we look forward to seeing you at Vallebona!

### yoga natura / Sandra Bicker

- Yoga teacher (BYV), teaches Hatha Yoga
- Yoga therapy trainings in India
- Vocal training (singing and harmonium) in Germany and India
- Leads Yoga Workshops and Vacations in Europe, Africa and Asia
- Has been practicing Yoga since 2002

### Contact Information

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### Vallebona / Raimonda Boris & Franco Melis

- Agriturismo in the beautiful Tuscany countryside, only 20 km from Florence
- Organises unique riding holidays
- Known for quality of its horses and experience of its guides

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