

**Back to Bliss Yoga in Italy**  
**Explore the Romance of Southern Tuscany...Spring Time!**  
**May 16-23, 2020**



Welcome to **Le Pianore**: an organic estate with vineyards, olive groves and mountain streams. Your home away from home in Tuscany! Join **Back to Bliss Yoga teachers Jen and Harriet** as we settle into the heart of southern Tuscany for a week of yoga, relaxation and exploration.

**7-Night Trip Includes**

- 7 nights at Le Pianore villa
- 3 meals per day while at Le Pianore
- 2 classes per day of great yoga with Jen and Harriet of course!
- 2 full-day trips to local villages for exploration, shopping and lunch on your own
- Cooking class one evening with Pizza night
- Transport to and from Siena to Le Pianore Villa on first day and from Le Pianore to Florence on the last day of the retreat

**Not included:** Airfare to Italy, extra activities, services, drinks, gratuities, meals off premises.

**Back to Bliss Yoga in Tuscany, Italy**  
**Spring Time: May 16-23, 2020**  
**Registration**

Name \_\_\_\_\_  
City \_\_\_\_\_ State/Country \_\_\_\_\_  
Cell Phone \_\_\_\_\_ Email address \_\_\_\_\_

**7-Night retreat fee per person**

- \_\_\_\_\_ \$1775.00 Triple Occupancy (possible quad, 4 beds)
- \_\_\_\_\_ \$1925.00 Double Occupancy 2 twin beds or 1 large bed
- \_\_\_\_\_ \$2095.00 Single Occupancy 1 twin bed with shared adjoining bath (limited availability).

Solo travelers: we will match you with other travelers in a double or triple occupancy room if single room is unavailable.

Emergency Contact Name & phone # during trip \_\_\_\_\_

Dietary Restrictions/ Allergies \_\_\_\_\_  
Medical Issues we should be aware of \_\_\_\_\_

**Payment Schedule**

- Total Deposit: \$500.
- Retainer fee of \$100 will reserve your spot with the remainder of \$400 due by May 16, 2019
- Second payment of \$500 is due by November 16, 2019
- Final balance is due by February 16, 2020

**Cancellation Policy:**

All payments are non-refundable. We encourage comprehensive trip cancellation insurance.

**To register:**

- Email [Jbrookemt@gmail.com](mailto:Jbrookemt@gmail.com) to confirm your request
- Print & complete registration form located on line
- Write check payable to: Back to Bliss Yoga
- Mail to: Harriet Alterowitz, 113 McLeod, Missoula, MT 59801
- Contact Jen by phone for credit card payment; (3.5% fee for CC)
- Do not book your flight until we have confirmed your registration

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Harriet Alterowitz [hattieyoga@gmail.com](mailto:hattieyoga@gmail.com) 406-370-6464  
[www.backtoblissyoga.com](http://www.backtoblissyoga.com)

Since 2004, **Jennifer Brooke, E-RYT 500** and **Harriet Alterowitz, E-RYT-500** have combined their yoga knowledge and creativity to develop Back to Bliss Yoga Retreats. Together they have planned and lead weekend retreats in Montana and yoga vacations in Costa Rica, Peru, Hawaii, Mexico, Guatemala, Greece and Italy. They are both certified yoga teachers/therapists with Integrative Yoga Therapy and have specialized in therapeutic workshops in the Missoula area since 1998.