

FREQUENTLY ASKED QUESTIONS

YOGA RETREAT IN ITALY

What level is this program geared towards?

Yoga classes for all levels will be offered to those looking to enrich their practice both physically and energetically. With a true sense of curiosity and wonder, we will explore the questions that lay at the heart of who we are! 18 or older is suggested.

How many yoga classes are offered?

Approximately 10+ hours of yoga each week. We will practice yoga daily with plenty of space to allow wonder and spontaneity to work its way into our day to day routine. Be it a hike through the mountains to meditate or writing/reflecting by a nearby stream, there is plenty of room for everyone to get what they are looking for out of the experience!

What type of yoga is it?

asana, mantra, creative flow and moving meditation. Tanya's teaching style is steeped in curiosity with an emphasis on theme and creative sequencing. Welcoming the newness of things, she finds great joy in the revelation that come from being open to all that is. Be it an evolving advanced practice or the ability to let go and be present on the mat, Tanya sees her classes as an opportunity to land the great principles of yoga in a way that rings true for each person on their journey.

What are the accommodations like?

Apartments are fully furnished, with kitchen, located up to a 15 minute walk from all programming. Generally 2 people per room. You can select who you would like to room with if you know another person attending.

What airport should I fly into?

Bologna. Once you arrive in Italy transportation will be prearranged to transport participants to their accommodations near the program site. Email alana@amalgamatedance.com with your flight itinerary. DO NOT BOOK FLIGHT UNTIL WE SEND YOU BOOKING DETAILS.

What is the cooking class?

1 cooking class is 4 hours long. You will be instructed in the art of **Italian cookery**. The course in Italian cooking covers covers both practical and theoretical aspects of cookery. You will participate in preparation of the dishes as well as learning about the various dishes typical of the nation and the region. Of course, at the end of the cookery class there is a lot of delicious food to eat, wine, water, and more!

<http://www.trigliadibosco.it/>

Can you tell me more about the italian language course?

The language course is a 2 hour class focused on conversation and will help the participants to socialize with people in town. You will take approx. 3 classes.