



Journey of the Senses Yoga away with Kimberly

June 28 - July 5 2008
Puglia, Italy

Why go to Italy for yoga? The answer: the magic of the land creates the perfect environment to assist the natural transformative nature of retreat-where the mundane is surreal., the common is beauty. Under the spell of Puglia our experiences are heightened, deepened, intensified: we play harder, love deeper, dream bigger.

The wonderland of Santa Marie del Sole is located between Martina Franca, Cisternino, and Ostuni. The farmhouse is nestled on a hillside with a panoramic view of the Itria Valley. On the land you will find 100 year old oak trees, olive trees, lavender, rose gardens, pure air and sunshine. The accommodations are in the typical puglian dwellings of white stone and coned roofs. They have been restored with the utmost care and each room is tastefully furnished. During the week you will visit the neighboring towns brimming with culture, art, music festivals and of course superb food and wine. The Adriatic sea is also 30 minutes away and can be a possible option. Plenty of time will be reserved a stroll, bicycling or poolside. Everyday life flows with joy, peace, laughter, yoga, good food and the camaraderie of others. We'll try our best to give you an unforgettable yoga holiday.



KIMBERLY PAUL, yogi and avid traveler, has been studying yoga since 1994 and teaching since 1999. She conducts a practice that is highly fluid and lyrical, which involves breath, strength, and grace. It challenges you at your level and supports transformation and empowerment.

SPECIAL invitation price:
\$1350/915 euros/double
occupancy(January 30)

\$1495/995euros there-
after. To register, go to:
www.artnspirit.com/italy.html

Retreat includes:

- * Double occupancy accommodations for seven nights
- * Three meals daily of typical puglian, vegetarian food all fresh and local
- * Twice daily yoga sessions
- * Snacks coffee, tea cakes all day
- * Land transportation from Bari international airport
- * Two organized day/or evening excursions to see local sites

