



Introducing, our first EVER Pilates in Italy excursion,  
Oct. 11th - Oct. 18th , 2010

This is an all inclusive package tour for only \$2550\*:

- \* 8 days and 7 nights in Piedmont Italy, near Torino and Asti
- \* 5 star boutique villa (Cascina Papaveri, an eco-friendly vineyard estate) located in an "eagles nest" position with views of the surrounding farms and hill towns
- \* Organic vineyard and gardens for wine cooking and enjoyment
- \* Indoor Pool and a complete Balanced Body Pilates studio
- \* Large teaching kitchen for 5 cooking classes (included) and on site chef
- \* Full access to open bar with the vineyards organic wines
- \* Daily visits to the local market with other shopping, art and cultural trips to Asti
- \* Visits to the local cantina (wine bar) and dinner out
- \* Lodging, all meals, all ground transport, guided day trips, taxes, tips, Semi-private and group Pilates sessions for daily Pilates workouts, Five cooking classes, cycling and wine tasting. All of this is included for \$2550 per person; double occupancy in en suite accommodations, twin beds. For an extra fee, massage, horseback riding, golf and other activities can be arranged. \*You are responsible for your own airfare and must leave the U.S. on 8/30 in order to arrive in Milan on 8/31. If you would like to arrive earlier, or stay later and visit another city, we can assist you with those arrangements.

Cheryl Alexander of [www.italianexcursion.com](http://www.italianexcursion.com) is your guide and travel coordinator and Natalie Walker, Pilates Director of EHF Pilates, is your instructor. Please call Cheryl for more Details or to book your trip 760-753-5028. E-mails are also accepted at [aparnaca@gmail.com](mailto:aparnaca@gmail.com). \$250 deposit due 6/30/09, \$125 is NON-refundable. Travel Insurance is recommended for each participant.

