



## *Yoga in the Vineyard*

Experience the zen at Tenuta Torciano Vineyards as we partner with Club Fitness for Yoga Classes into the Vineyards. The teacher will provide a Lighthearted Torciano Style Yoga Classes to all levels in our estate vineyards. The Yoga in the vineyards classes will honor the beauty of the natural surroundings while encouraging students to explore movement and feel wonderful in their bodies. We say we loves teaching outdoors because nature enhances the yoga experience of being aware of the moment. The posture part of the yoga is like a moving meditation. Syncing the breath and movement together.

During the spring, summer and autumn, when yoga is held outside in the vineyards, the class is weather permitting. We may need to cancel the class due to weather conditions. In this case, we will follow with a visit of the wine-cellar with tuscan lunch and winetasting. Private Yoga Class in the Vineyards are events available for group of 2 or more people.

For Euro 110,00 per person you will be able to participate in a Yoga Class in the Vineyards at 10.00, where you will learn everything there is to know about yoga till 11.30 am, where you will be welcomed into the winery or the vineyards for a Tuscan Lunch and wine tasting.

### **TOUR DESCRIPTION**

10.00 am - Take an hour to yoga class in the vineyards surrounding Tenuta Torciano Winery in San Gimignano.

You will learn about yoga and the moving meditation and experience the wonderful beauty of the vineyards.

This activity is also suitable for children and we can accommodate groups from 2 people.

11.30 am - Visit of the Tenuta Torciano Winery with lunch and tasting of wines and oils.

### **The 4-course lunch will accompany the tasting and the wine school:**

Appetizer with typical Tuscan salami and cheeses with local bruschette.

Tuscan Ribollita with vegetables or Truffle Lasagna.

Roasted meat with side dishes.

Dessert wine with Cantuccini Biscuits or Vanilla Ice Cream with Balsamic.

### **List of products you'll taste during the event:**

- Cabernet Bartolomeo Riserva I.G.T.
- Merlot Baldassarre Riserva I.G.T.
- Syrah Cavaliere Riserva I.G.T.
- Vernaccia di San Gimignano D.O.C.G.
- Chianti D.O.C.G.
- Chianti Classico D.O.C.G.
- VinBeato - Dessert Wine
- Extra Virgin Olive Oil
- Truffle flavored Olive Oil
- Pepper Hot Olive Oil
- Balsamic Old Vinegar selected

### **Details:**

Accommodate: From 25th March to 31st

October, by booking only, minimum 2 people

Duration of package: 2 hours and half

Time: 10.00 am

Parking: Free

