

URBINO ITALY

June 7-14, 2024

Escape to the Italian Countryside. Located at the stunning foothills of the Tuscan Apennines, Urbino, a World Heritage Site, is a picturesque medieval city. We will stay in the beautiful 4-star wine resort of Tenuta Santi Giacomo e Filippo.

Wine Tours and Cuisine

Enjoy a wine tasting tour and an Italian cooking class while relishing divine cuisine both at the resort and in town with a slow-paced Italian style of dining and living.

Yoga and Kayaking

Practice daily yoga designed for all levels and appreciate local nature on a stress free kayak tour followed by an afternoon in the Spa.

Spa time and Shopping

Included will be a 2 hour spa/sauna session with options for additional Shiatsu or reflexology. Spend time in the seaside town of Pesaro, where we can shop, or dine overlooking the Adriatic.



Book today

<http://createspace.yoga/retreats/dirty-feet-2024-06-07>

Inclusions

- Daily Yoga
- 7 night accomodation
- Fine dining & local cuisine (2 meals per day)
- Kayaking Tour
- 2-hour Sauna/Spa pass
- Wine Tasting Tour
- Walking Tour of Urbino
- Cooking Class
- Day Trip to Pesaro with lunch at Gibas fine dining

Prices

TWIN SHARE DEPOSIT \$400 Early Bird; \$500 after Feb. 8, 2024

SINGLE ROOM DEPOSIT \$500 Early Bird; \$600 after Feb. 8, 2024

TWIN SHARE ROOM \$2790 per person Early Bird; \$2990 per person after Feb. 8, 2024

SINGLE ROOM \$3350 per person Early Bird; \$3550 per person after Feb. 8, 2024



Kimberly Manthey, founder of Dirty Feet Yoga and Wellness has been instructing yoga teachers and everyday people for over 25 years. Pulling from multiple styles of Yoga, Kimberly's mission is to bring together the body, mind, and spirit each and every time she crosses your path.

She began yoga in 1997 as a means of stress reduction when her high powered corporate career, grief over the death of her father, and a brand new marriage all collided and caused her to re-evaluate her purpose.

In addition to leading several yoga retreats nationwide, and internationally, she has coached corporate sales teams, schools, and hundreds of individuals, and brings with her a unique blend of humor and story telling. Comfortable instructing to all levels of yoga, her classes can range from gentle and soothing to powerful and dynamic. She looks forward to meeting you wherever you are on your journey in life. Namaste!

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dirtyfeetyoga.com