

2 ~ 6 July 2017



An Ecstatic Awakening Under the Tuscan



SASSY VIBES invites you on *An Ecstatic Awakening Under the Tuscan Sun*. Come experience a country where people work to live versus live to work.

We live in a world of overstimulation to the point of unrest where we need to exercise Self-love now more than ever before. This retreat focuses on the importance of self-care and trusting your own intuitive nature within versus going outside and thus without. Tap into your body's wisdom and breathe more fully back into your life. Up your Vibe & Get Sassy!

Villa Fabbri is a private villa affording the luxury of a pool, bicycles, fresh well water plus, an intimate sacred setting of support and love.

- Lodging 2 ~ 6 July 2017 (6 days, 5 nights)
- Breakfast, 2 gluten-free vegetarian meals + Mindful Plant-Based Food Prep & Savoring Classes
- Daily Kundalini Yoga, Breathwork, & Meditation
- Intro to *The Alchemy of Self~Love™*
- Access to the International World Polo Championships
- Excursions to boutique wineries, thermal spas, & more

SASSY VIBES Retreats

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Yoga is about the Mindfulness & Awareness you bring from the mat into your everyday life and every experience. We're meant to delight in our full senses! Come and feel invigorated by the fresh air & bask in the sunshine. Walk & bike along the rolling hills. dip & delight in thermal spas and climb ancient stairs to castles & towns. Haggle in markets & shop specialty items, sip wine with fervor, and simply enjoy!

My Background:

I am a US Air Force Disabled Veteran restoring balance to life with yoga & meditation after life as an IT Engineer. My career led me to Naples, Italy in 1998, enhancing my passion for exploring, learning and immersing in all facets life. Join me as I share my wealth of knowledge and experience the yogic teachings to smell, taste, touch, hear, and see fully the vibrancy of life all around us!

Yoga Alliance Hatha/Vinyasa RYT 200 & IKYTA 220 Kundalini Level 1 certified yoga teacher, Kundalini Advanced Level 2 trainings 186 hours: Mind & Meditation, Lifestyles & Lifecycles, and Stress & Vitality, Beyond Addiction training, MK Culinary Raw Food Training Reiki Master, Pranic Healing, Deeksha *The Alchemy of Self~Love™ Life Coach*

Indulge yourself this summer by joining me *Under the Tuscan Sun!*



Lana A. LaBonte



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