

## Lara is a true Bolgheri DOC Girl!

She was literally born under a vine leaf, since her family lived in Bolgheri and worked this land far before the wine appellation was invented. She inherited the love for this area from her grandfather, who used to teach her how to make wine and taste it with a little slice of tuscan bread poached directly in the wineglass or, how to enjoy a slice of that bread with some fresh pressed extra virgin olive oil as a nourishing but simple “merenda”. She learned how to stay connected with this amazing land and her treasures, though all her personal experiences, as a young girl.

Then, as a “grown up girl”, she developed a special passion for all the natural ways of healing and connecting ourself, our body and our soul to the power of Nature. That’s why she found Yoga and Mindfulness Meditation and choose these disciplines as her favorite tools to let you experience and feel the magic of our countryside. Lara is a young, passionate and caring teacher and she offers different Yoga classes styles (Hata and Vinyasa Yoga) and Mindfulness Meditation sessions, suitable for all levels of practice. She can teach in Italian, English and French, upon request. All the classes will be hosted by Chiappini Winery and Lara will provide you a yoga mat for your practice, if needed. So, when on holiday, this can be a special gift to treat yourself, your family and your friends. It will add to your stay a really unique experience. To do Yoga and to meditate, you don’t need much: you know how to breathe yet, you already have a perfect body, you are gifted with a gentle mind. That is all what you need, so stay curious and come to try.

### Prices:

Yoga classes standard duration: 60 min (it can be 90 min, depending on the level, the style and the number of participants).

Single class/1 person, private class: 60€/h

Special option Family class, 2 adults( +2 children age 5-15): 80€/h.

Group class, 3-4 people: 100€/h

Group class 5-10 people: 25€/pers.

Mindfulness Meditation session: 30 min minimum, 20€/30min.

For any special request, time availability and reservation, please contact Chiappini Winery reception.