

# TIMBo, Yoga and Cooking in Italy

*Join The TIMBo Collective Founder and author of There is Nothing to Fix Sue Jones for 7 nights and 8 days in beautiful Italy!*

Looking for a way to get up close and personal with author Sue Jones while supporting the work of The TIMBo Collective? Enjoy a week of travel, relaxation and luxury in one of the most unforgettable places in the world! Join Sue for a week in the beautiful regions of Umbria and Tuscany in Italy. All proceeds from this retreat go to support the work of The TIMBo Collective|TIMBo in the U.S. and abroad.

**Cost:** Total cost (not including airfare) is between \$2500.00 and \$3500 US, and includes all transport, tours, cooking class, yoga instruction, all meals at Locanda. Not included: spa treatments, meals out, gifts, beverages.

**Rooms:** Single Room Private Bath \$3495 (availability limited)

Single Room Shared Bath \$2995

Double Room Shared Bath \$2495

\$600.00 Deposit required to secure spot. Pay deposit [HERE](#):

## Italy Yoga Retreat Sample Itinerary

**Saturday October 17th:** Arrive in Rome. Transport to [Locanda Del Gallo](#)

**Sunday October 18th:** Morning practice then breakfast. Spa treatments and relaxing at Locanda's pool and wellness center. Group dinner at Locanda.

**Monday October 19th:** Morning practice then breakfast. Guided tour through beautiful Assisi with optional lunch in town. Back to Locanda for relaxing, and dinner.

**Tuesday October 20th:** Morning Practice then breakfast. Trip to the morning markets in Gubbio. Lunch and optional wine tasting at [Castello di Ramazzano](#). Back to Locanda for rest and relaxation or a hike/walk in the surrounding nature. Group dinner at Locanda.

**Wednesday October 21st:** Morning practice then breakfast. Cooking class at Locanda (we make our own lunch!). Afternoon relaxing hiking, swimming or spa-ing, or optional trip to Perugia. Group dinner at Locanda.

**Thursday October 22nd:** Morning practice then breakfast. Day trip to Cortona for shopping, sight-seeing and lunch. Group dinner at Locanda

**Friday October 23rd:** Morning TIMBo then breakfast. Relax, spa, pool or wellness center at Locanda. Lunch and dinner at Locanda. Enjoy our final day and evening together before traveling home.

**Saturday October 24th:** Head to the airport for our flights home