



In Sabina 2011

In Sabina is in a beautiful and magical setting, surrounded by spectacular views in the midst of the Italian countryside, less than an hour from Rome. The medieval village of Torri In Sabina nestles in the hills about three km away.

Everything at In Sabina is perfectly arranged with taste and style and with yoga in mind. There are seven acres of lush grounds comprising a natural spring, gardens, pond and swimming pool amidst a tranquil and rustic setting. The surrounding area is unspoilt farmland, and the house and grounds are peaceful and quiet. There are two yoga spaces for yoga and meditation, an indoor yoga studio, and a magnificent 15 x 10 metre architect designed covered outdoor wooden platform, which sits in the valley surrounding by verdant unspoilt nature. The food is a highlight of the holiday, three meals a day of beautiful vegetarian food in abundance prepared by a specialist vegetarian chef. All adding up to the perfect environment for a yoga holiday. Please visit www.insabina.com for lots more pictures and info.

Living accommodation is in two beautifully restored 17th-century stone buildings overlooking a panorama of olive groves and fruit trees. There are terraces with beautiful vistas for relaxing amidst stunning sunsets. Rooms are in a natural style, a combination of old and new. Furnishings and decor complement the buildings and their natural surroundings, creating an environment which is calming, and ideally suited to yoga and spiritual practice

There is plenty to do at In Sabina, you can spend the day exploring the extensive grounds, swim in the gorgeous pool, or simply pull up a lounge and relax by the pool in the sun. There are beautiful sheltered spaces for reading and talking, and a comfortable outdoor space has a sound system and a large screen to watch dvd's. A variety of restorative treatments can also be arranged.

Arrival time

Please note that arrival time at In Sabina is from 4.30pm.

Departure time

On your day of departure the latest train you can take from Stimigliano is at 9.33am. For those with cars the leaving time is 10.00am. If you have an early flight, trains run at 33 minutes past the hour from 4.33am onwards.

Accommodation and food Accommodation is in very comfortable 2 or 3 person shared rooms. There is a single supplement for those wishing to have their own room. There is a specialist vegetarian cook and the price is inclusive of all meals (breakfast, lunch, supper), with the exception on the last day (friday) when we will eat out in a local restaurant.

What's included in the price

All yoga and meditation classes. Seven nights accommodation. Three meals a day (breakfast, lunch, supper). All yoga equipment - yoga mats, cushions, blocks, belts and bolsters. All linens and bath towels (not swimming towels)

What's not included in the price

Flights to Italy and transfers from the airport. Excursions and activities outside of the house and grounds. One evening meal out at a restaurant. Massage and other therapies. Travel insurance.



Travel and Transfers:

Rome has two airports: Leonardo da Vinci (Fumicino) and Ciampino. The nearest train station to In Sabina is Stimigliano.

Please contact us two weeks in advance with the information we need for your transfer. Send us an email (giulialandor@tiscali.it) with the following information:

- a) Your flight details: airport and time of arrival.
- b) Where you wish to be picked up: at the airport, or at Stimigliano train station. Please note that there are no regular taxis in our area at all so it is important for us to arrange this in advance.

Pick up from either airport – by car or minibus (1.5 hours).

By car: €120 (up to 3 passengers with a small amount of luggage).

By minibus: €170 (up to 8 passengers).

Please pay the driver.

Pick up from Stimigliano train station – by car or minibus (20 minutes)

If you are coming by train you must call or text us, on the day, when you know which train you will be on.

The mobile number to inform us about your train arrival time is

+39 340 3876028.

Price of car: €25 (for up to 3 people with small amount of luggage)

Price of minibus: €25 for one or two people (or €10 each for 3 to 8 people)

(After 10.0 at night and before 7.0 in the morning the minimum charge is €35).

From the airports to Stimigliano train station

From Fumicino (Leonardo da Vinci Airport) – by train (1.5 hours).

Go to the train station inside the airport. Follow the signs to the 'Stazione'.

Buy a €7.90 ticket for Stimigliano (the Orte train).

The Orte trains leave at 57 minutes past the hour.

Before you reach the platform validate your ticket by inserting it in one of the yellow machines to be stamped.

When you know which train you will be on, call us on +39 340 3876028.

Get off at Stimigliano (1.5 hours from Fumicino). The stations are not well signposted so be alert and aware of the time.

From Ciampino Airport (Ryanair, Easyjet) - by bus, metro and train (2.5 - 3 hours)

Take the airport bus to Termini station in the centre of Rome.

In Termini follow signs to the Metro ('M') and take Linea B to Tiburtina Station (4 stops).

At Tiburtina, buy a €2.90 ticket to Stimigliano (the Orte train).

The Orte trains leave at 45 minutes past the hour.

Before you reach the platform validate your ticket by inserting it in one of the yellow machines to be stamped.

When you know which train you will be on, call us on +39 340 3876028.

Get off at Stimigliano (50 minutes from Tiburtina) where a taxi will pick you up.

The stations are not well signposted so be alert and aware of the time.

To check train times, see www.ferroviedellostato.it



Car share

Travelling by car is a good idea! We will put you in touch with others to arrange car share.

From Ciampino by car

As you leave the airport take a right following signs that say 'autostrada' then get to the Grande Raccordo Anulare (GRA) and take the A1 Firenze (Florence).

Stay on the A1 Firenze (Florence) (keep in the middle or left lane) until you take the exit 10-9-8-7 signposted to Firenze, this is about 20 km from the airport. This is a link road to the A1 but the sign will still say the direction of the A1 Firenze.

About 19 km later, you will pass a large autogrill and at the toll take a ticket and carry on. You are now on the A1.

Another 19 km later, take the exit at Ponzano R. Soratte. After the toll (you pay 2 euros and you must have the change!!) you take the left fork. At the end of the road at a Stop sign turn left towards Stimigliano and carry on through Stimigliano Scalo (do not turn left to Stimigliano town!!!).

At the next junction (a T junction) turn right. Carry on along this road until you see signs to Torri in Sabina. Carry on straight and do not turn right off this road into Torri in Sabina.

A little while later you will come to a bar and a post office on your left, continue on the main road until you see directly in front of you a large cross. Turn right off the main road here, take via Trafino, which is the left hand lane as you leave the road (the signpost may appear to show another way!). This then winds up a hill 1.3 km to a turning on your right, via Pizzuti. We are 800 metres down via Pizzuti on the right, number 53 with the red gate and 'In Sabina' sign. The property is called 'In Sabina'.