

Wellness Weeks in Tuscany

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Natural Health : *Take Care of Yourself*

ANTICO BORGO POGGIARELLO, is a delicious **agriturismo** near Siena, one of the most beautiful places in Tuscany:

The autumn time in Tuscany brings you the opportunity to take care of your health: body and mind..

The nature and taking breath landscapes helps to relax while taking a walk through the golden fields.

You can enjoy a healthy week, with natural therapies, yoga, pilates sessions, and the most advanced systems of selfcare and wellness.

The Team of **Antico Borgo Poggiarello Natural Health**, is offering you healthy weeks to enjoy personal programs to take care of yourself: stress, anxiety, losing weight. **Our experts will recommend you a personal program, or you can take the 'standard week'**



PROGRAM STRESS MANAGEMENT.

Build a more supportive life style every day

Horse Coaching

Hatha Yoga

Pilates Sessions

Natural Treatments

Massages

Rebirthing

Non stress Management

Healthy Personal diet

Craneo Sacral Treatments

To know more about our healthy programs in Tuscany:

info@poggiarello.com





ESSENCIAL OILS

Essential oils have very beneficial properties for skin care and treat disorders

Because of its affinity with the skin tissue, essential oils act on the skin and beyond the skin nervous system. The therapy is done with the most aromatic oils in Tuscany

Weekly Standard Program

MORNING

Yoga / Pilates sessions

Personal Treatments

Aromatherapy

(tuscany aromatic flowers & oils)

Cronoteraphy

AFTERNOON

Coaching sessions/

Cooking lessons

('Autumn in Tuscany')

Painting sessions

Ask information and prices



HATHA YOGA: the practice of yoga (physical posture) linked to awareness of breath and listening promotes inner balance and mental and physical energy of the person.

The body benefits from strengthening and making more flexible the musculature.

The mind relaxes finding better centering, a feeling of general well-being in everyday life.

CRANIO SACRAL TREATMENTS. Who can benefit ?

Anyone potentially can benefit, because CRANIO SACRAL TREATMENT builds health in the brain and nervous system, it is effective in assisting the prevention of chronic conditions, including the problems of aging, stiffness, dryness, memory loss, inflammation, immune imbalances.

CRANIO SACRAL TREATMENT also addresses injuries, even those that occurred long ago and that we had no idea were still affecting us.

You can have CRANIO SACRAL TREATMENT in the Health Weeks, just ask for it when booking .



FEELING AT HOME



Cooking lessons

Learn more about cooking healthy recipes with The Tuscany cooking classes : energetic and delicious dishes with natural food from Tuscany.

The Autumn season brings the opportunity to learn more about products as mushrooms, pumpkin, figs, chestnuts...

Our cooking teacher, will show you how to do wonderful recipes with the products of the season. You will learn its properties as well.

The cooking lessons can be included in the HEALTH WEEKLY PROGRAM

The wonderful TUSCANY AUTUMN recipes you can try in the kitchen classes are done with the local season products as: mushrooms, pumpkin, 'patata rossa di Cetica', the new oil, grapes, truffles...so that you can enjoy the most delicious tuscany dishes: 'ribollita' 'risotto', 'Crostata di marmelata' and much more . Buon appetito 😊

BIO & NATURAL

HEALTHY COOKING !!

- 1) Farmers who grow organic produce and meat don't use conventional methods to fertilize, control weeds or prevent livestock disease
- 2) Apply natural fertilizers, such as manure or compost, to feed soil and plants.
- 3) Use beneficial insects and birds, mating disruption or traps to reduce pests and disease
- 4) Give animals organic feed and allow them access to the outdoors. Use preventive measures — such as rotational grazing, a balanced diet and clean housing — to help minimize disease.

Ask for your BIO-DINNER, done with delicious bio food from Tuscany .

ENJOY YOUR PERSONAL HEALTHY WEEK

This autumn come to Tuscany, and take care about your health and enjoy yourself meanwhile.

Yoga and Pilates practitioners, can follow 10 daily sessions, Personal treatments with all kind of possibilities, to keep well Body and mind.

Natural and Bio Food, regarding that your diet is very important to have more energy.

Holistic and Naturopathy programs that will help you to have more energy and good look than ever...

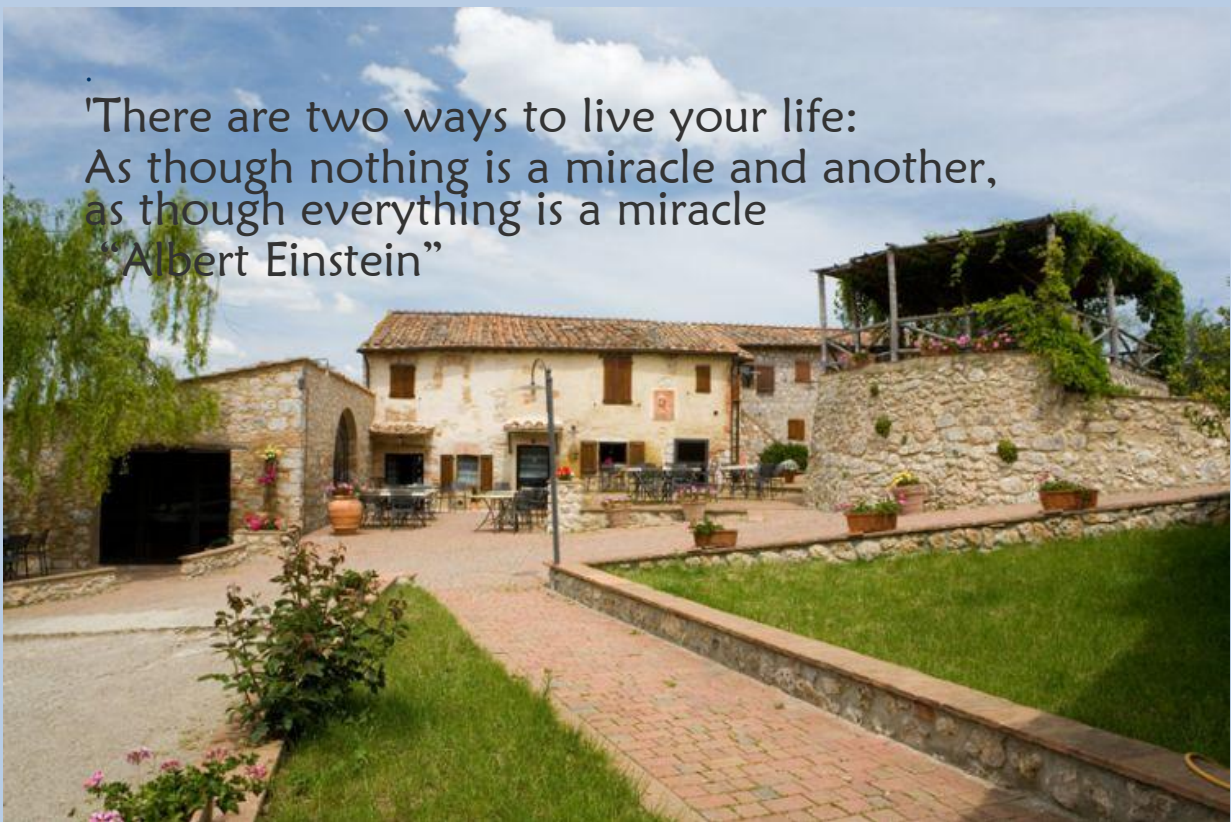
Pilates: Get in Shape with Pilates.

Pilates is a form of exercise, developed by Joseph Pilates, which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement.

The top benefices of doing Pilates exercise that people report are that they become stronger, longer, leaner, and more able to do anything with grace and ease.



'There are two ways to live your life:
As though nothing is a miracle and another,
as though everything is a miracle
"Albert Einstein"



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BLOG: [//anticoborgopoggiarello.blogspot.com](http://anticoborgopoggiarello.blogspot.com)



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