



·KIM·NASHED·YOGA·
Yoga, Meditation & Exploration

SPRING 2020 EUROPEAN RETREATS

UMBRIA, ITALY ~ ALPS, SWITZERLAND ~ PROVENCE, FRANCE

Join us for daily Yoga, Meditation & Exploration! Choose your adventure...



SAN GEMINI, ITALY

~ **UMBRIA** ~

May 30 - June 6, 2020

- ✦ Visit medieval villages and the cathedrals of Assisi and Orvieto
- ✦ Explore the ancient, awe-inspiring Roman ruins of Carsulae
- ✦ Enjoy wine and cuisine, and tour the beautiful Brunozzi Vineyard
- ✦ Hike to peaceful, hidden monasteries and St. Francis' sanctuaries
- ✦ Swim and relax at the Palazzo Santi Terzi, your beautiful palace lodging

NAX, SWITZERLAND

~ **ALPS** ~

June 10 - 17, 2020

- ✦ Hike through endless fields of wildflowers right out your door
- ✦ Visit ancient energy centers and villages deep in the Alps
- ✦ Explore the alpine town of Evolene and hike to the Ferpecte Glacier
- ✦ Spend time in nearby Martigny and enjoy world-class art, Roman ruins
- ✦ Enjoy views from your balcony as well as a wood-fired hot tub and sauna at the charming Maya Boutique Hotel

MOUSTIERS STE MARIE, FRANCE

~ **PROVENCE** ~

June 20 - 27, 2020

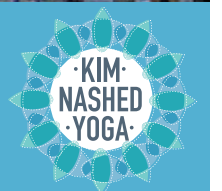
- ✦ Savor the fragrant embrace of endless lavender fields in bloom
- ✦ Paddle & swim in the waters of the dramatic Gorge de Verdon
- ✦ Experience the peaceful energy of the Segries monastery
- ✦ Share the beauty of hillside Moustiers Sainte Marie, rated one of the most beautiful villages in France
- ✦ Enjoy Provençal comfort, light, and vistas at two inns, La Bonne Étoile and The Guard's House



For the fourth straight year! Enjoy Yoga, Meditation and Exploration in some of the most beautiful places in Europe! Join the adventure, with your savvy-traveler hosts **Kim Nashed** and **John Parsons**. All three trips include elegant lodging, two vegetarian meals a day, transportation once you arrive and guided excursions.

Full retreat price is \$2,950 per person. \$500 deposit assures your spot.

For more information go to www.kimnashedyoga.com or contact Kim at (207) 649-9301 / kimnashedyoga@gmail.com



YOGA, MEDITATION & EXPLORATION