

# Yoga and Meditation Retreat with Mimi Kuo-Deemer and Louise Grime Umbria, Italy



Saturday, August 26 -  
Friday, September 1, 2017

**J**oin Louise Grime and Mimi Kuo-Deemer for their third annual week-long yoga and meditation retreat at La Locanda Quercia Calante, a beautifully renovated farmhouse in the Umbrian hills of Italy. Each day will include two yoga classes, qigong, meditation, three delicious meals, and lots of downtime for lounging, chatting, reading, napping, strolling, swimming, eating gelato, etc. Mimi and Louise will be co-teaching, blending their love of yoga (hatha, vinyasa, restorative and Iyengar!) into soothing sessions that can take you as deep as you want to go.

Located just 150 km/90 miles north of Rome, La Locanda della Quercia Calante has a spacious and fully equipped yoga studio, outdoor yoga deck, two swimming pools, a whirlpool, elegant rooms, and a restaurant serving local Umbrian cuisine. There is an organic farm on the property and local wineries that supply the restaurant.

**Yoga/Basic Daily Schedule:** Your day will begin with pranayama (breathing) and meditation followed by a qigong class. After a light breakfast, there will be an invigorating and enlivening hatha/vinyasa-based yoga class. We will explore yogic philosophies through the asana and meditations, weaving in the richness of an ancient tradition and looking at ways it can relate to our contemporary lives.

After lunch there is free time to read, nap, stroll the verdant hills, swim, or wander into the local town of Castel Georgio for a gelato. A late afternoon yoga session will include restorative postures, pranayama and meditation to establish deep ease and presence. We will then glide into our Umbrian feast!

*"My yoga retreat with Mimi and Louise was quite the highlight of my year. It was a wonderful holiday - relaxing, fun, energising." – Juliet Bouverie*



**Accommodations and Cuisine:** Each room (single, double, triple/quad) has a private bathroom and outdoor porch. Meals are extraordinary, well-balanced and carefully planned by the owners, who take great care with their selection of ingredients. The cuisine is typical of Umbria and Tuscany, based on local products, made fresh daily, and 90% organically grown on the Quercia Calante farm. The talented head cook Marisa can cater to common dietary requirements.

**Cost (per person) and Payment:**

Triple room: £880 per person (before May 1, 2017: £835)

Doubles room: £990 per person (before May 1, 2017: £945)

Single room: £1290 per person (before May 1, 2017: £1225)

*(A non-refundable deposit of £200 will reserve your space on the retreat.)*

More information and details on cost, food, activities, accommodations as well as suggestions for transportation and getting to/from La Locanda available on the website, <http://www.mkdeemer.com/italy-aug-2017.html>

*"Louise and Mimi taught an excellent retreat and produced a beautifully authentic experience for everyone. I have been glowing in the aftermath." – Bob Smith*



#### About Mimi and Louise

Louise and Mimi bring together their love of yoga and mutual appreciation for the joy and richness it can afford our everyday lives. They both teach regular classes at the Life Centre and triyoga, two of London's leading yoga centres. Influenced by Iyengar, Vinyasa and Ashtanga among other traditions, they present an approach to yoga that is open and accessible to anyone and everyone. Encouraged by the humbling wisdom their teachers have shared with them, they strive to offer students a practice that inspires authenticity and ease in body, mind and spirit. Each known to appreciate a good giggle as well as deep introspection, they are excited to teach together and hope you can join them on this year's retreat.

#### **Bookings/More Info:**

**Mimi (T) 7794 251309 • email: [mimi@mkdeemer.com](mailto:mimi@mkdeemer.com)**  
**Louise (T) 7989 980296 • email: [lakshmilou@hotmail.com](mailto:lakshmilou@hotmail.com)**  
**[www.mkdeemer.com/italy-aug-2017.html](http://www.mkdeemer.com/italy-aug-2017.html)**