



A twin room  
in Casa Latini



Enjoy a daily  
yoga class

# WIN a yoga holiday for two in Italy

Escape to a weekend of blissful serenity in a medieval mountain village

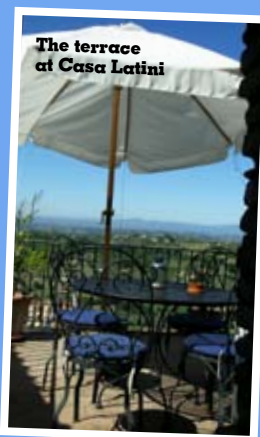
**PLUS**  
**£500**  
**CASH**

**T**his month, one reader and a friend will win a chance to mentally and physically recharge on a liberating break in the beautiful village of Casperia, in the heart of Italy, thanks to Sunflower Retreats Holidays. You'll fly to Rome and then travel up to the Sabina hills to chill out with three days of yoga classes, mountain walks, hot springs and home-cooked food by a log fire.

Sunflower Retreats Holidays is running two long weekend breaks in 2009, so the winner can choose from a speedy getaway from 12-16 February or a later break from 5-9 November. The retreats run from Thursday to Monday morning and include twin or double room self-catering accommodation for four nights. There's also a buffet breakfast of local organic products each morning in the Dopolavoro lounge-café, one yoga class per day, a free guided walk in the Sabina hills, and free use of bicycles and a sauna.

**The winner will also receive £500 cash to spend on travel expenses and activities of your choice:**

- Dine at one of the local restaurants
- Spend the day revitalising body and mind at the open-air Roman baths and hot springs
- Recharge mind, body and soul with the wide selection of holistic therapies on offer



The terrace  
at Casa Latini

- See the beautiful surrounding countryside on horseback
- Swim at the local pools or discover unspoilt mountain streams
- Take a cookery class using local organic products
- Learn Italian, with lessons for those who are new to the language or want to brush up their skills

You can buy return flights to Rome's Ciampino or Fiumicino airports and either book a hire car or take the local trains and buses. You could also take the chance to spend a few extra hours in Rome, visiting its famous monuments, as the perfect way to round off your trip.

*Sunflower Retreats Holidays in Italy run throughout the year, including tai chi, Kripalu YogaDance and reiki workshops. The company supports the principles of eco-tourism by integrating with the landscape and way of life in the region, and has helped revitalise Casperia by restoring houses and supporting local businesses. Call 0116-259 9422 or visit [www.sunflowerretreats.com](http://www.sunflowerretreats.com)*



**TO ENTER, ANSWER THIS QUESTION:**

Q. Which exercise will you practise every day on the retreat?

Send your answer with your name and address on a postcard to *Spirit & Destiny* January Sunflower Retreat Competition, PO Box 8125, Barrow upon Soar, Loughborough LE12 8WP. Alternatively, call 0901-229 0708 or fax your answer with your name, address and postcode, quoting SAD1, to 0905-581 0135. To text your answer, text SAD1 followed by your answer, name, house number and postcode to 83080. Readers in the Republic of Ireland should call 1512-510260. BT calls cost 25p (RoI 25c) per call. Faxes cost 25p per minute from BT landlines. Cost from other networks may be higher. Texts cost 25p each plus network charges. Service provider: H Bauer Publishing. Call 020-7241 8239 for customer services. Alternatively, visit [www.spiritanddestiny.co.uk](http://www.spiritanddestiny.co.uk) to enter online. Competition closes xx xxxxxxxx 2009.

**TERMS AND CONDITIONS**

The prize is for one winner and a friend and includes four nights' twin or double room accommodation in the Casa Latini, with buffet breakfast each day, one yoga class per day (Friday, Saturday and Sunday), a free guided walk in the Sabina mountains and free use of bicycles and a sauna. The winner only will receive £500 cash towards expenses. The prize must be taken on the long weekend break dates of 12-16 February 2009 or 5-9 November 2009. There is no cash alternative.

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The village  
of Casperia