

2<sup>nd</sup> annual the book & the body

June 2002



# TUSCANY

Explore the art of the book and the body; an intensive workshop investigating craft, structure and content of the journal interlaced with invigorating and meditative body work. Sumptuous cuisine compliments a week-long journey of bookbinding and yoga. A communal experience set within a tuscan villa, rich in history, **good for the soul.**

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*book instruction by Ken Botnick*

*Ken, whose work is part of permanent collections around the world, has been making books of all kinds for over 20 years. His belief in the power of craft and its transformative role in a person's creative life is the fuel for his teaching.*

*yoga by Natalie Morales*

*Natalie has 20 years of experience in yoga. Her teaching approach is non-dogmatic, and her classes are energizing and restorative -- ideal for novice and experienced students alike.*

*Villa Lucia of Tuscany offers a 500 year-old farmhouse setting with provincial decor and modern amenities. Our workshops will be held outdoors under a covered pavilion or among the bountiful gardens. Many views overlook a medieval village and working olive oil vineyards. Rooms within the villa vary adding to the unique character. A large dining table is host to our delicious meals, a library is available for quietude, and a small pool awaits us outside. The ideal location is near many charms of Italy; Florence (30 minute drive), natural spas, Mediterranean coast (30 minute drive), Milan and Rome (3 hours by train).*



*Your fee includes lodging and available amenities, three meals daily, bookbinding instruction and materials, and yoga study.*

**two, six-day workshops, June 2-8 or 9-15, Sunday to Saturday \$1500.**  
*No prior experience in either yoga or making books is necessary to enjoy these workshops.*

for information call Tyler Stallings **314 772.3900**

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