



Yoga + Wine in Argentina

April 15-22, 2010

Argentina: Buenos Aires and Mendoza



There are those places in the world that we only dream of visiting. Some are bursting with exotic beauty. Some are tucked away in distant corners of the farthest continents. And others are romantic capitals teeming with rhythm, style, tastes, and sounds that can turn a single week into a constellation of the most brilliant memories. Argentina is all of the above. Romantic, delicious, beautiful, dreamy, amazing!



There's no better way to travel to Argentina than on a yoga retreat whose daily yoga session reminds you to slow down, and take in fully the exotic tastes, smells, sights and sounds. This isn't any old yoga retreat. You'll be guided through some of South America's most breathtaking sights by Yahoo Wellness Expert and bestselling author David Romanelli, and NY Times featured Yoga + Wine founder Angela Gargano. Angela and David co-created Yoga + Wine in 2006 and have since led Yoga + Wine journeys to Sonoma, Umbria, Sicily, and now...Argentina.

Angela and David will focus on taking in Argentina through all of your senses. So often in the maddening pace of life, we record blurry memories and hold on to faint recollections. With a daily yoga class intended to soothe your mind and open your sensory perception, Angela and David will present to you an Argentina where the Malbec tastes richer, the Dulce de Luche is sweeter, the glowing sunset over the Andes is brighter. This will be a trip you will undoubtedly remember for a lifetime. Presented in luxury at some of Argentina's finest hotels and in the most acclaimed restaurants and vineyards, Yoga + Wine in Argentina is *the* travel experience of 2010 not to be missed.



From 1516, the time of the entry of the first Europeans in search of gold, over the centuries Argentina has been ruled by Spaniards, English, and Portuguese. With the influx of immigration from Italy in the 19th century, the Italians and Spaniards formed the bulk of the population, thus greatly influencing Argentina's culture and customs to this day.

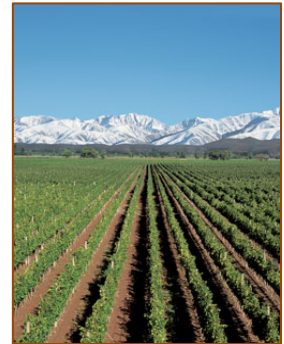
Buenos Aires was founded originally as a port city, thus the reason why the local inhabitant's are known as "*portenos*". It has evolved in time into being an elegant and cosmopolitan city with a European flavor and friendly atmosphere. Buenos Aires (just ranked second in the top ten destinations in the Americas by *Condé Nast Traveler*) is a real hub of social and cultural activities, most notably the tango, the vibrant night-life and of course soccer. As we will see during our city tour, Buenos Aires is graced by many varied neighborhoods, all displaying their own very special rhythm and character; but the very bohemian and avant-garde Palermo SOHO district is where we will make our home during our stay in this exciting city. Trendy boutiques, art galleries, handicrafts and restaurants will all be just steps away from our hotel ready for us to enjoy. While in Buenos Aires, care has been taken to provide exclusive access to a local yoga studio where Angela and David will conduct a daily yoga practice.





From Buenos Aires we will travel south to the city of Mendoza, just named by National Geographic Traveler Magazine as one of the top 50 must-see destinations in the world! Our home in Mendoza will be none-other than the Park Hyatt Mendoza, the ultimate in luxury and comfort (just voted one of the top 15 South American hotels by *Condé Nast Traveler*). Here too, we will have the exclusive use of a room for the daily yoga practice. From the vantage point of Mendoza city, over the course of our five day stay in this area, we have the unique opportunity to explore the now famed wine districts of Argentina.

Our first wine experience will take us to the wine growing oasis of Lujan de Cuyo. Surrounded by the majestic, snow-capped Andes, we will make our way to some of the top wine producers in the area such as Alta Vista, Norton and Catena Zapata, all known for the production of Malbec as well as blends of Merlot Cabernet Sauvignon and other international varietals. A delicious lunch of local specialties, enhanced by exquisite wines, is sure to enhance our appreciation for this wonderful country. Another day will take us to the Valle de Uco, where more award winning winemakers will graciously welcome us in their magnificent estates such as the futuristic architecture of O'Fournier, a stark contrast to the surrounding Andean mountain range, Monteviejo and Salentien, all maintaining this country's proud tradition of excellence in wine making



A highlight of this magnificent adventure is sure to be a day dedicated to the outdoors-just imagine, having our yoga practice surrounded by the stillness of the Andes, enjoying the facilities of the lodge, indulging in an optional spa treatment if desired, and partaking in an inspiring hike accompanied by your fellow travelers!

We invite you to share with Angela and David what is destined to become the Ultimate Yoga & Wine Experience.

ShopWineAndDine.COM
Italy Food & Wine Tours

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PROGRAM FEE: \$ 3,760 Per person (based on twin/double occupancy)
\$ 880 Single supplement

Program Fee Includes:

- Accommodations:
 - Buenos Aires : 3 Nights at the boutique Esplendor Palermo Soho Hotel
 - Mendoza: 3 Nights at the 5* Park-Hyatt Mendoza
- Daily breakfast, lunch and dinner including beverages and wines as chosen by *Shop Wine and Dine*.
- Full-day wine experience in Valle de Cuyo including two wine tastings
- Full-day wine experience in Lujan de Cuyo including two wine tastings
- Full-day outdoor experience at a mountain lodge featuring outdoor yoga, use of the facilities at the spa, guided hike and lunch (treatments optional)
- Privately guided tour of Buenos Aires and Mendoza
- Tango lesson and VIP tango show with dinner-consumption of drinks not included
- English speaking guide and private group transportation from Day 2-7
- Private venue for daily yoga practice
- Hotel taxes and service charges
- One-way airfare from Buenos Aires to Mendoza
- Tips to guides, bus drivers and restaurants
- Meet & assist at Buenos Aires and Mendoza airports on Day 4
- Daily yoga practice led by David Romanelli and Angela Gargano
- Services of a Shop Wine and Dine Tour Manager throughout

Day-by-day itinerary with detailed information on all the venues is available upon payment of deposit.

Optional extension to Brazil featuring three nights in Rio de Janeiro.

Not Included: Airfare from/to the US, meals and beverages not stated on itinerary or substitutions to menus, personal incidentals, portorage and tips to hotel personnel.

Minimum participation: 16 Passengers

Shop Wine and Dine reserves the right to make minor modifications or substitutions to the itinerary with activities/venues of similar quality and value as those described in the tour description.

For information on tour please contact info@shopwineanddine.com

PAYMENT INFORMATION & CANCELLATION POLICY:

A 30% non-refundable deposit is required upon booking in order to secure your reservation. The remaining balance is due by February 12, 2010 and it is fully non-refundable

Please note:

Payments made to *Shop Wine and Dine*. Online payments are available at www.shopwineanddine.com.

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Purchase of [travel insurance](#) is highly recommended.