



*Practice stress-reducing, restorative
Equilibre exercises in the
heart of the Italian countryside and culture*



**You may call it a
retreat, vacation,
class**

**You'll find it to be
relaxing, joyful,
inspiring
and transformative**

**Orte, Italy
July 5 through 11,
2009**



Treat yourself to a full week in a bountiful, natural setting in central Italy surrounded by ancient culture.

Each morning you'll practice Equilibre with Sophie Caballero, guiding you into a state of deep relaxation where you find renewed energy and spirit.

Each afternoon you'll be free to explore nearby Medieval, Renaissance and Etruscan sites, experience the local lifestyle ... or simply relax by the pool, bathed by Italian light and serenaded by a nature's symphony.

Be transported to a place of peace and beauty.

The ultimate destination for Equilibre is inner peace, harmony and wellness. And being in the pastoral Italian countryside – a place of extraordinary peace and beauty – will help you arrive there easily.

Equilibre is a gentle therapeutic workout routine for releasing the deep tension that contributes to chronic stress, pain and disease. It's beneficial for everyone, especially active people facing high-stress demands and those who suffer from a wide range of debilitating conditions including arthritis, backaches, headaches, and sciatica, to name a few.

This exercise program was designed by Sophie Caballero, a certified practitioner of Biodynamic Craniosacral Therapy, Shiatsu and Anti-Gymnastique.



In the heart of the Italian countryside

The Equilibre retreat will be held at Casale Hortensiae, a restored early 19th century farmhouse (with stone walls over two and a half feet thick!) just outside of Orte, a medieval town, 43 miles north of Rome. The farmhouse was converted into a guesthouse by Dr. Elisabeth de Laet, an M.D. who is both a family doctor and a doctor of Homeopathy. She practices throughout the region as a National Health physician.

Dr. de Laet has referred patients to Sophie and hosted Equilibre classes here over the years. Her country property continues to operate as a productive farm yielding organic fruits and vegetables, olive oil from its trees and eggs from its chickens. The lifestyle Dr. de Laet models and offers her guests is one of holistic health, with fresh air, local organic food, and the simple beauty of country life.

For this program, you may choose to stay in the Casale Hortensiae, which accommodates nine, or Le Ortiche del Belvedere, a Orte townhouse that accommodates six. The structure was built in the Middle Ages on an Etruscan site. It has a terrace garden with a panoramic view of Orte and beyond.



How the daily Equilibre classes contribute to your wellness

Equilibre classes will be outside in the garden of Casale Hortensiae. The class size is limited to five to ensure that you receive individualized attention. You'll practice gentle, therapeutic movements combined with a deep awareness of your body. And you'll learn to permit your breath to follow its

natural rhythm while you experience complete relaxation.

Throughout the class, you'll be guided through a process of training your brain to allow an unrestricted flow of life-nourishing fluids and oxygen. Your muscles lengthen and your joints become lubricated.

The Equilibre program is based on a total body vision and knowledge that when mind connects with the body in a healthy way, the nervous system can rebalance and restore itself.

The advantage of taking these classes for five consecutive days and being away from your normal routines and responsibilities is that in this beautiful, peaceful setting, it's easier for your body to be trained in healthy pathways. From one day to the next, your body doesn't return to the stressed state often induced by the pressures of today's lifestyles.

The longer you stay in a relaxed state, where fluids are flowing from head to toe with minimized restriction, the more lasting your wellness benefits will be.



Once rebalancing takes place through the practice of Equilibre movement and awareness, the results can be lifelong. You can readily tap into a deep source of peace and harmony that brings energy and vitality to everyday living.

How you perform the exercises

The exercises are performed in micro-movements so that you can perceive the precise affect on each one. This helps you develop a sense of presence in your body and train your brain to focus in a way that supports your nervous system. You are de-programming the survival mode sustained by constant stress and re-programming a state of relaxation and health.

In the class, with the use of simple tools like small balls and cushioned rods, you will get a deep, penetrating massage of the multiple layers of muscles and surrounding tissues.

The simple exercises are performed from standing position or lying on the floor on yoga mats with supporting pillows. No special equipment or attire is required – only comfortable clothing.

Many participants will feel immediate changes. One student said, "Before I took the class, I was having trouble sleeping. After the first class, I started sleeping soundly."

To hear live video feedback of Equilibre participants who found relief from back pain, shoulder pain and other issues, visit <http://equilibrenow.com/GroupWork.aspx>

Equilibre Founder Sophie Caballero

Sophie leads the Equilibre classes she developed based on 15 years of experience as a health facilitator for individuals and groups in France, Italy and Spain.



She is a certified practitioner of Biodynamic Craniosacral Therapy, Shiatsu and Anti-Gymnastique, a technique developed in Europe to restore a full lifestyle to people who had been incapacitated by chronic pain and limited mobility.

Sophie founded Equilibre, a therapeutic counseling practice blending the three therapies in which she is certified and drawing on her comprehensive knowledge of human anatomy.

Her practice was launched in Europe by physicians whose patients lived with chronic pain believing they had exhausted every possible means of dealing with it. In many cases, the issues patients had endured for decades were reversed after working with Sophie.

When Sophie moved to the U.S. in 2007, she introduced her Equilibre practice in Atlanta and was encouraged by clients to offer therapeutic classes that would allow them to extend their experience and give others the opportunity to enjoy remarkable health benefits.

Perfect Retreat to Experience On Your Own or with Family and Friends

Claim this retreat as your own private getaway or plan to share it with friends. You may want to travel with your group or make it the destination for a reunion of friends you rarely get to see. (But remember, class size is limited to five.)

And if you would like to have exercises tailored to your group, please request it. For example, the sessions can be structured for a family experience, for children, teens or a group of people with a particular health condition.

You may also bring family or friends that are not participating in the Equilibre classes. In this setting, there are plenty of activities to delight everyone. If you require accommodations other than those described in this brochure, please inquire and Dr. de Laet will be happy to help you locate lodging to suit your needs.



Plan Every Day for Yourself

Each day, Monday through Friday, the Equilibre class will run from 9:30 a.m. until noon. The rest of the time is yours to schedule.

Meals are served at Casale Hortensiae daily – breakfast, lunch and dinner – prepared with fresh organic foods, either from the property or from local farms. All meals are offered for a set price, and you'll have an opportunity when you arrive and during your stay to make reservations for any meals you would like to enjoy at Casale Hortensiae. You'll also be able to sample the regional Italian cuisine or find a variety of menus to suit your tastes in the restaurants of the surrounding villages and cities.



Free Time in the afternoon and evenings is yours to schedule. If you're interested in Italian history or culture, your only challenge will be making a decision – you'll have so many choices! Casale Hortensiae will make arrangements for you and help you plan your itinerary.

Private Classes and Massage. Sophie Caballero will offer private consultation and instruction or massage in the afternoons Monday through Friday.

Explore Historic Italian Villages, Cities and Countryside

From the Equilibre retreat, you can explore medieval hilltop towns, palaces, tranquil lakes in old volcanic craters, thermal springs and savor the cuisine and wines of central Italy.

Casale Hortensiae is on the outskirts of Orte, a medieval hill town near the geographic center of Italy, just 43 miles north of Rome. Orte is on the border of the Lazio and Umbria regions and in the province of Viterbo. It's the perfect home base for discovering the heart and soul of Italy.

Orte has remained virtually unchanged for hundreds of years – local residents have roots that go back many generations, and life is lived at a leisurely pace. Part of Orte's charm is that it's off the beaten path for tourists because it doesn't boast a great cathedral or important museum. This is an advantage for the traveler who desires a taste of the true culture – here, it's easier to blend in with the people and experience the rhythms and routines of Italian life.



Easy access to and from Rome and many Italian cultural treasures

You can reach Rome in 45 minutes by train, with a choice of more than 20 trains a day. Orte is a primary crossroad for highways and train lines, and by car or train, you'll find many beautiful destinations are easily accessible for afternoon and evening outings.

Destinations of Interest	By Car*	By Train*
Orvieto, Viterbo, Lago Bolsena, Bomarzo, Amelia, Narni and many Etruscan archeological sites	30 minutes or less	
Todi and Spoleto	45 minutes	
Perugia, Siena, Spello and the Tuscan seaside	1 hour	
Assisi, Gubbio and the vineyards of Chianti	1 ½ hours	
Florence	2 hours	2 hours
Naples, Ercolanum or Pompei	2 ½ hours	
* Travel times are approximate and depend on time of day and traffic.		

Fees for Programs, Meals and Accommodations



Facilities and Amenities at Casale Hortensiae

Swimming pool (12 x 6 meter), satellite TV, dishwasher, laundry room, wood oven, washing machine, stereo CD player, ping pong table, video recorder, telephone, computer and internet access.

Supermarket and grocery store two and a half miles away. Tennis court and thermal baths are nearby (touching the house boundary), and horseback riding is a little more than five miles away.

Fees for Program and Accommodations with Breakfast

Prices are per person, for the week, based on the type of occupancy. Room requests are on a first-come, first-served basis, so book early.

- **Double Occupancy, Private Bath. 785 € (approx. \$1042 for the week*)**
- **Double Occupancy, Shared Bath. 715 € (approx. \$949 for the week*)**
- **Multiple Occupancy, Shared Bath. 640 € (approx. \$850 for the week*)**
- **Single Occupancy, Private Bath. 1010 € (approx. \$1341 for the week*)**

Arrival for Sunday evening. Departure after Saturday morning breakfast. Breakfast, programming and lodging fees included for the week. Other meals optional.

To register online, go to <http://equilibrenow.com/ItalyRegistration.aspx>

Additional Meals

Lunch and dinner may be arranged, after arrival at Casale Hortensiae, at a flat rate of 25€ per lunch or dinner, per person. This leaves you the option to take advantage of the multitude of dining options in Italy. Once you better settle into the rhythm of your week, you will have more of a sense of the options that abound – and where you feel like dining on a given day.

Other Important Items

Both Casale Hortensiae and EquilibreNOW.com encourage you to contact your favorite insurer to obtain travel trip insurance, including any needed medical or other type coverage. Or Google "Travel Trip Insurance" (without the quotes) for searching the web.

Casale Hortensiae or EquilibreNOW.com regret they will be unable to offer reimbursement should a participant be unable to attend either all or part of the week.

To register online, go to <http://equilibrenow.com/ItalyRegistration.aspx>

Other Questions Before Enrolling?

Contact EquilibreNOW.com, US-based agent for the program.

Contact Sophie Caballero, sophiecaballero@gmail.com , +1 404 539 7954.

In the US, call toll free **1 888-716-3390**. In Italy or rest of Europe, call Rome, (+39) **06 6220 7998**

Sophie is fluent in English, French, Italian, Spanish, Russian and Portuguese.

** Prices are set in Euros, and US dollar amounts provided here are approximate. The US Dollar amount will be determined by the Euro exchange rate at the time the payment is made.*