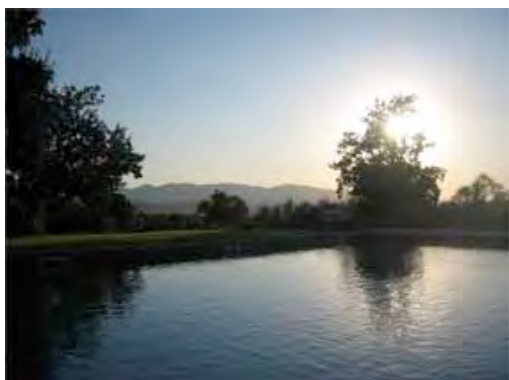
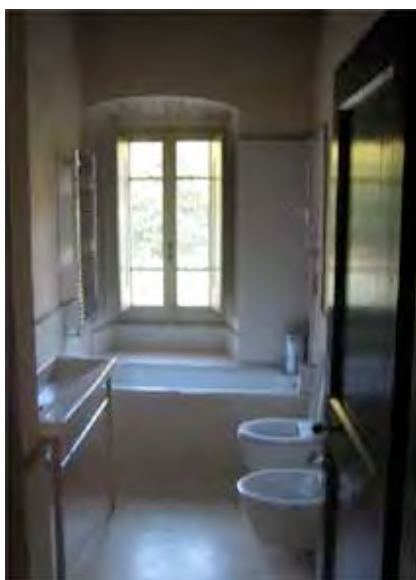


LE TERRE DI PORETA
BORGO DELLA MARMOTTA



LODGING



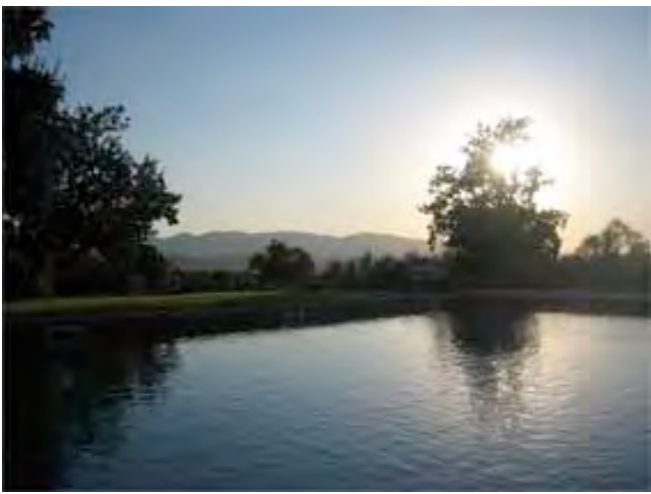
SAUNA & GYM
AT FREE DISPOSAL



SEMINAR ROOMS



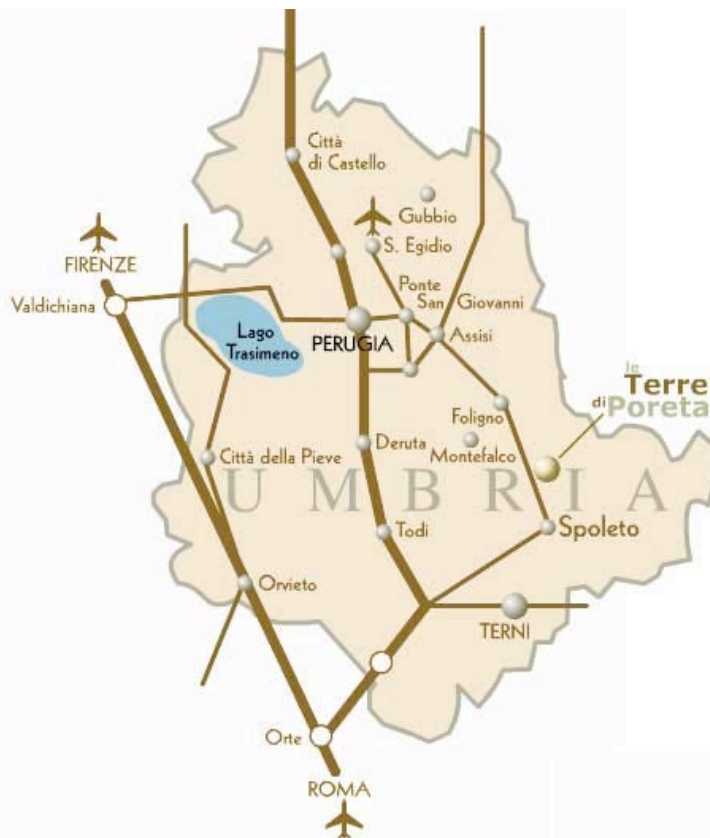
GARDENAREA



How to get there

You can fly to Rom or Perugia and then either rent a car and drive there or take the train or bus. Please see below for instructions:

By train from Rome: There is a train from the airport to Roma Termini (central train station in Rome). Then take train to Spoleto (about €15). The entire trip from airport to Spoleto is about 2 hrs. From Spoleto you take a taxi to Agriturismo "Borgo della Marmotta" (15 min.).



By train from Perugia: Train from airport in Perugia you take the bus (€3,50) to train station in Perugia. Then take the train to Spoleto (about €5). From Spoleto you take a taxi to Agriturismo "Borgo della Marmotta" (15 min.).

Driving from the north: A1 pay-toll motorway, exit Val di Chiana, follow directions for Perugia. Continue towards Spoleto on the Nuova Flaminia main road, exit at Campello sul Clitunno. At the junction take the fork for Poreta and continue following signposts. When you see the Church in Poreta, continue another 500 meters and on the right you will find the agriturismo "Borgo della Marmotta".

Driving from the south: A1 pay-toll motorway, exit Orte, follow directions for Terni - Spoleto. After Spoleto, continue on the Nuova Flaminia main road exit at Campello sul Clitunno. At the junction take the fork for Poreta and continue following signposts. When you see the Church in Poreta, continue another 500 meters and on the right you will find the agriturismo "Borgo della Marmotta".

Low priced rental cars from the airports of Rome: www.sixti.com <<http://www.sixti.com>>
Poreta's privileged positions means that as guest you have easy access to all the main tourist destination in the surrounding area by car: 11 km to Spoleto, 39 km to Assisi, 56 km to Perugia, 142 km to Rome and 190 km to Florence.

Room and board

Please contact **Agriturismo "Borgo della Marmotta"** directly to reserve room. Inform them that you are joining The Work workshop.

Agriturismo "Borgo della Marmotta"

Loc. Poreta 73

06049 Spoleto (PG)

Italy

Contact person: Filippo Montani

Fax +39 0743521186

Phone (+39) 0743521186

Mobile (+39) 3392374118

<http://www.letterrediporeta.it/>

12 nights room and board

€ 980 per person / sharing a double room with full boarding for 12 days.

If more than 14 participants register, the rate will be reduced to 820 Euro.

€ 1420 per person in a single room with full boarding for 12 days.

If more than 14 participants register, the rate will be reduced to 1320 Euro

Arrival: Friday 23rd April, 2010 (evening)

Seminar days: Saturday 24th - 26th April, 2010

Wednesday 28th – 30th April, 2010

Sunday 2nd - 4th May, 2010

Half days of exercise integration:

Tuesday 27th April, 2010

Saturday 1st May, 2009

Departure: Sunday 5th May, 2009

Any questions about The Workshop you can direct to the trainers:

Ulrich Bührle +49 179 111 666 9 info @ ulrichbuehrle.de

Maj Bjerre Sørensen +45 26 70 04 70 kontakt @energyhouse.dk