

You are invited to join the 2018

*La Dolce Vita and The Joy of Song*

**ITALY**

**Music & Opera Tour**

with **Tania de Jong AM** and **Andrew Mournehis**

6 to 22 September, 2018

Join us on an inspiring 15 day Italian journey for all the senses... a true celebration of 'La Dolce Vita' with fabulous food, wine, music, yoga and song!

*– Tania de Jong and Andrew Mournehis*

*the  
sweet  
life*



Wake up and find your unique voice on this very unique Italian adventure. Andrew and Tania will lead you on a journey of breath, yoga, sound, chant, meditation, song and vocal technique, where you'll free your body, open your heart and find your creative voice. Heal your mind, body and spirit with moments of reflection, meditation and joyful celebration!

You will explore the historic and cultural magnificence of Siena, Florence, Chianti, Milan, Lake Como, Verona and Umbria. We will visit the most iconic opera houses of the world (La Scala in Milan, the Arena in Verona and St Marks Church in Florence) and experience three included concerts. Your troubadour for this journey is world-class soprano Tania de Jong AM who will serenade you along the way with special spontaneous songs, performances and opportunities to join in. And to calm our minds, soothe our souls and flex our bodies we will be under the superb guidance of global yoga teacher Andrew Mournehis. There will be grand dinners in gorgeous historic locations, cooking classes, wine tastings, gondolas, market visits, voice and yoga workshops, opportunities for private tuition with Tania and Andrew and much more to delight and entertain you! Accommodation will be in outstanding properties throughout Italy.

# ITALY

## Music & Opera Tour

### Itinerary

**DAY 1 Thursday 6 September, 2018**

**Depart Australia**

Today we board our flight to Milan, Italy.

**DAY 2 Friday 7 September, 2018**

**Milan**

Upon arrival in Milan we have a sightseeing tour of this beautiful city. We see the famous Duomo di Milano, the fifth largest Cathedral in the world, and the largest in Italy. It was built in the Gothic style and took almost six centuries to complete. Milan is an ancient city with origins in the 6th Century B.C. For approximately 200 years, it was the seat of the Roman Empire. We will visit the spectacular Galleria Vittorio Emanuele II. This 19th Century arcade boasts two glass-vaulted arcades and a glass dome, in the style of the period. There will be time for lunch before visiting the fascinating medieval Sforza Castle built by Francesco Sforza, the Duke of Milan in the 15th Century. We will check into our hotel mid-afternoon. There will be a special welcome to the group and opening workshop with Tania and Andrew.

**DAY 3 Saturday 8 September, 2018**

**Milan**

We begin the day with a back stage tour of the Teatro alla Scala, Milan's premier Opera house. We visit the Theatre Museum to explore its vast collections, the Livia Simoni library and look out over the auditorium. Our "behind-the-scenes" experience will take us on to the celebrated La Scala stage, into the famous royal box, into gold boxes and into the recently restored auditorium to uncover the hidden gems of La Scala, the prompter's box, the impressive chandelier, the new fly tower, and other areas of interest. We continue with a visit to the fascinating Ansaldo Workshops, where specialist production artists design and create the staging, costumes, wigs and everything else that you'll see on stage in our opera and ballet performances. This evening we plan to attend tonight's performance at La Scala (subject to scheduling).

**DAY 4 Sunday 9 September, 2018**

**Milan**

Today is a free day – perhaps climb the roof of the Duomo or do some shopping in the fashion capital of Italy. This evening we will have a special dinner on board the ATMosfera tram restaurant. Departing from near Piazza Duomo, the ATM travels the streets of Milan on a special itinerary where the pleasure of the palate combines with the beauty of travelling in the heart of Milan.

**DAY 5 Monday 10 September, 2018**

**Stresa**

This morning we will travel north to the Italian Lakes district and the town of Stresa on the shores of beautiful Lake Maggiore, which will be our base for the next three nights. Upon arrival we will check in to our hotel. The afternoon will be free to wander around the picturesque village or relax at the hotel.

**DAY 6 Tuesday 11 September, 2018**

**Stresa**

Today we will take a boat to Isola Bella, the most spectacular of the Borromean Islands. On the island, we will see the Palace, built in the Lombard baroque-style, with its staterooms including Napoleon's room, the Hall of Mirrors, music room and more. The gardens, filled with ornamental fountains and statues, are undoubtedly one of the most dramatic examples of 17th-century gardens in Italy. We then visit the equally impressive Isola Madre, known for its peaceful gardens and its renaissance villa. We return to Stresa in the afternoon. Andrew and Tania will lead a Voices of Yoga workshop.

**DAY 7 Wednesday 12 September, 2018**

**Stresa**

Today we travel to beautiful Lake Como. We will visit Villa Carlotta, known for its beautiful setting and spectacular gardens. It was built in 1745 and later given as a wedding present to Carlotta, Duchess of Saxe-Meiningen. We will take the ferry across the lake to the lovely town of Bellagio. Occupying a magnificent site on the promontory dividing Lake Lecco from Lake Como, Bellagio is known for its pretty streets, villas and gardens. There will be free time to visit the semi-classical Villa Melzi, known for its splendid gardens, on the shore of the lake. We return to Stresa for a free evening.

**DAY 8 Thursday 13 September, 2018**

**Verona**

We continue our journey to our next stop Verona. Along the way we will stop in Bergamo, one of the principle towns in Lombardy. It has a strong artistic



### Tania de Jong AM

Tania de Jong is a trail-blazing Australian soprano, award-winning social entrepreneur, creative innovation catalyst, spiritual journeywoman, storyteller and global speaker. Tania is Founder of charities Creativity Australia and *With One Voice* and The Song Room, and also Creative Universe, Creative Innovation Global,

Dimension5, Pot-Pourri and MTA Entertainment & Events.

When she was just 14 years old, her best friend told her not to bother having singing lessons. She has now performed in over 40 countries and released 10 albums. So it's not surprising that her mission is to change the world, one voice at a time.

With a grandmother who invented the first foldable umbrella, creativity and innovation are in Tania's blood. And as the daughter of Holocaust survivors she has learnt about resilience and courage and developed a passion for diversity and social inclusion.

Tania performs and presents keynote speeches, leadership programs and workshops around the world inspiring creative leadership, entrepreneurship, social inclusion, diversity and innovation globally. She believes that everyone can find their creative voice and uses music, singing and chanting as tools for healing, spirituality and raising consciousness.

Tania released her first solo recording *Heaven on Earth* in 2015 and is now releasing her new recording *Flying Free*.



heritage and the old upper town is quiet, picturesque and evocative of the past. It has many delightful old cake shops filled with the local speciality. We will arrive into Verona late afternoon.

#### DAY 9 Friday 14 September, 2018

Verona

This morning we have a sightseeing tour of Verona, renowned for its summer opera season, and for the setting of Shakespeare's *Romeo & Juliet*. We will see the Amphitheatre built by the Romans in the 1st century AD and the famous balcony where Romeo visited Juliet. This evening we will attend a performance at the Arena di Verona (subject to scheduling).

#### DAY 10 Saturday 15 September, 2018

Florence

Today we transfer from Verona to Florence. We will stop in Modena for a visit to Casa Museo Luciano Pavarotti. Pavarotti's residence was completed in 2005. The villa (and riding school) was designed by Pavarotti himself, in his unique style. The house includes personal items, costumes, pictures and awards in a career of over forty years in opera houses around the world. We continue on to Florence. This evening we attend a special opera performance at St Mark's English Church (subject to scheduling).

#### DAY 11 Sunday 16 September, 2018

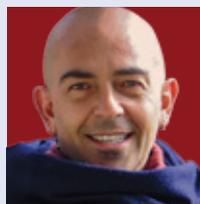
Florence

Home of Michelangelo and the Medici family, Florence was the cradle of the Italian Renaissance. This morning we have a walking tour of Florence. During our walking tour we see the Duomo, one of the largest cathedrals in the Christian world. Together with Brunelleschi's wonderful dome, we see the Campanile and the Baptistry. We also wander through the Piazza della Signoria, with the Loggia della Signoria, the Palazzo Vecchio and, nearby, the Ponte Vecchio over the Arno River. This afternoon we visit the famous Uffizi Gallery a treasure trove of renaissance art. This evening will include a dinner and special performance by Tania de Jong.

#### DAY 12 Monday 17 September, 2018

Florence

A day of leisure today to explore the shops, markets and sights of Florence including but not limited to a photo at Piazzale Michelangelo, visit the Medici Palace, paying your respects at the many famous graves and tombs or people-watching in the Piazza della Signoria.



### Andrew Mournehis

Andrew Mournehis has come from a diverse yoga background and teaches a combination of Anusara, Hatha, Bhakti and Tantra Yoga. His creative, joyful and heart-filled teaching strengthens the body, soothes and clears the mind, whilst enlivening and enriching the spirit through both postural and universal alignment.

His unique style is imbued with heart and soul and rich in Tantric philosophy. His classes are filled with inspiration, story-telling, mantra and the Spirit of the Divine. His further interests extend into exploring human energetics, human potential and power, and how to discover your true Life Purpose or Dharma.

Andrew is Creative Director of *Divine Grace*, and is assessment coordinator and lecturer at the Academy of Yoga Learning at the CAE in Melbourne. He is also passionate about helping others to discover their greatest potential through the practice of Yoga. Andrew has been teaching yoga for 15 years and now inspires other yoga practitioners at retreats around the world. He considers himself an eternal student. He is currently training in the illuminating, uplifting and celebratory path of Anusara Yoga after following many different styles of both Hatha and Bhakti Yoga.

#### DAY 13 Tuesday 18 September, 2018

Spoletto

We travel through the Tuscan countryside to the town of San Gimignano, known as the "City of Beautiful Towers", a classic medieval walled hill-town, famous for its architecture and its 14 surviving towers creating a beautiful skyline visible from the surrounding countryside. We continue onto Siena best known for the famous Palio horse race held in the magnificent Piazza del Campo. Siena is also home to the oldest bank in the world, a spectacular town hall and majestic cathedral. A local guide will introduce us to the sights of the city, including the Piazza del Campo, with its splendid civic tower and the enormous, partially completed Duomo. We will arrive into Spoleto late afternoon.

#### DAY 14 Wednesday 19 September, 2018

Spoletto

This morning we have a guided tour, which will take us to Spoleto's Roman amphitheatre, the arch dating from 23AD, the recently restored cathedral and the fortress that soars above the ancient aqueduct. The afternoon is free to relax and enjoy the town of Spoleto. There will be an opportunity for an early evening chant and yoga workshop with Tania and Andrew.

#### DAY 15 Thursday 20 September, 2018

Spoletto

This morning we will visit the Clitunno truffle workshop, just outside of Spoleto, and see how the area's elusive black summer truffles are grown. We will then visit the small, unspoilt hill town of Bevagna. Here we will visit a papermaker, housed in the remains of the Roman amphitheatre, who still uses traditional methods to make paper. We then travel to the picturesque medieval hill town of Todi. We will be the guest of an Italian count and visit his villa, which was home to Jacopone da Todi, the medieval poet. The Count will guide us through his home and give us an insight into the life of an Italian aristocrat in the modern world. We will come together as a group for a final farewell and workshop with Tania and Andrew.

#### DAY 16 Friday 21 September, 2018

Depart

We will be transferred to Rome Airport, where we will board our flights to Australia.

#### DAY 17 Saturday 22 September, 2018

Arrive

The group arrives in Australia and tour arrangements conclude.

*Relax and enjoy!*

La Dolce Vita and The Joy of Song

# ITALY Music & Opera Tour

6 to 22 September, 2018



## The price for the Italy Music & Opera Tour:

Per person twin-share: \$ 8990  
Plus taxes: \$ 990 as at 1 September 2017  
Total: \$ 9980  
Single supplement: \$ 1600

## Included in the price:

- Return economy-class air travel from Brisbane/Sydney/Melbourne/Perth to Italy (subject to minimum numbers on the group flights). Please call for other departure points and fares, or upgrade to Business Class
- Accommodation in carefully selected, centrally located, three and four-star hotels with private facilities
- Hotel taxes and service charges
- Travel in a first-class chartered coach
- Continental breakfast daily. Welcome dinner and one dinner in Milan and one dinner in Florence
- Concert and Opera performances as per the Itinerary plus performances by Tania de Jong
- Yoga, voice and meditation workshops and magical moments of ceremony and celebration
- Sightseeing and general entry fees as detailed in the tour itinerary
- Tour hosted by Tania de Jong and Andrew Murnehis
- A Travelrite International travel bag

## Not included in the price:

- Passport and visa fees
- Travel insurance
- Meals and drinks not specified in the itinerary
- Sightseeing and general expenses not specified in the itinerary
- Items of a personal nature
- Additional travel arrangements not in the tour itinerary will be quoted for separately
- Private tuition with Tania and Andrew will be available (by negotiation prior to or during the tour)

## General information and booking conditions

**International touring can involve a considerable amount of walking and stair climbing in the places visited and it is important that all tour participants have a level of physical fitness that allows them to take part in this activity without the need of assistance from others.**

**TOUR OPERATOR:** Travelrite International Pty Ltd (ABN 64 005 817 078) (ATAS No.A10538) is the tour operator.

**TOUR PRICES:** The tour prices are based on airfare, general transport, accommodation and other costs at foreign exchange rates at 1 June 2018. Travelrite International reserves the right to alter the tour price or modify the tour if any of these factors change, giving any passenger that has booked the right to withdraw with a full refund of monies paid if the price increase is greater than 10% of the original price. No alteration to the tour price will be made within 60 days of departure from Australia.

**DEPOSITS AND PAYMENTS:** A deposit of \$900 per person is required at the time of booking. Full payment will be required 60 days before departure. An administrative fee of 1.5% will be added to each payment made by Visa and Mastercard and a 3% fee for payment by American Express or Diners Club cards.

**CANCELLATIONS:** Cancellation more than 60 days from the date of departure from Australia will incur a cancellation fee of \$600 per person. Cancellations 60 days or less from the date of departure will result in the loss of all monies paid. Travel insurance is strongly recommended to cover the cost of cancellation fees that could result from a death in the family, illness, etc.

**MINIMUM TOUR NUMBERS:** The tour has been priced on the basis of a minimum number of passengers having booked 60 days prior to the date of departure. Travelrite International reserves the right to cancel the tour, giving a full refund of all monies paid or offer arrangements to proceed with the tour at a modified price.

**REFUNDS:** The tour is based on arrangements that do not allow for any refunds in respect to sightseeing, accommodation, meals, airfare or other services not utilised after the tour has commenced.

**TRAVEL DOCUMENTS:** All passengers will need to be in possession of a valid passport. No visa is required for Australian passport holders.

**BAGGAGE:** All economy-class passengers qualify for a 30kg free baggage allowance. Baggage is at own risk throughout the tour.

**CHANGES TO THE TOUR ITINERARY:** Travelrite International reserves the right to make changes to the tour itinerary to fit in with operational requirements. Any change to the itinerary will be replaced with similar arrangements with an equal or greater value.

**RESPONSIBILITIES:** Travelrite International Pty Ltd (ATAS No. A10538) is the tour organiser. Travelrite International acts only as an agent in making arrangements with carriers, hoteliers and others for the tour. As a result we cannot accept liability for any act or omission whatsoever, whether negligent or otherwise of those carriers, hoteliers or other persons providing services in connection with the tour over whom we have no direct or exclusive control. We do not accept responsibility for any injury, damage, loss, delay, change of schedule or any other events which are beyond our direct control, such as, but not limited to, war, terrorism, flood, fire, civil disturbance, acts of God, acts of government, or any other authorities, accidents to or failure of machinery or equipment, or industrial action. The passage contract in use by the carriers concerned, when issued, shall constitute the sole contract between the transportation companies or firms and the purchasers of these tours. The

contract shall be construed in accordance with the laws of the State of Victoria and any legal action must be undertaken in the State of Victoria.

**HOW TO BOOK:** Bookings can be made by completing a booking form and sending it with a deposit of \$900 per person to:

**Travelrite International Pty Ltd**  
423 Whitehorse Road  
Balwyn, Victoria 3103  
Tel: (03) 8803 6868  
Fax: (03) 9836 8068

Further information can be obtained by phoning

**Toll Free: 1800 630 343**  
**Email [balwyn@travelrite.com.au](mailto:balwyn@travelrite.com.au)**  
**[www.travelrite.com.au](http://www.travelrite.com.au)**



**ABOUT TRAVELRITE INTERNATIONAL:** Travelrite International Pty Ltd (ABN 64 005 817 078) is a well-established travel company which has been marketing throughout Australia for over 25 years and operating in Victoria for more than 30 years. It is a member of ATAS (No. A10538) and has two fully accredited IATA offices Heathmont and Balwyn. As such they directly represent the major airlines of the world and all major domestic and international hotel, tour and transport operators. Travelrite International Pty Ltd is a full member of the Australian Federation of Travel Agents – AFTA.