

And more ...

Thank you for another great magazine this month. The what's on section got us to the wine tasting at Riana yesterday and what an excellent day that was. So relaxed, everyone was so welcoming and the food and wine were wonderful.

I met a number of your team at the Montecarlo wine week end this summer and was talking about the magazine and my

house in Pescaglia. I spoke about writing an article for your magazine and they suggested I should try so here it is. I have also attached a few photographs you may want to use if you decide to publish the article.

kindest regards and thank you all for the hard work you must put in to produce such an excellent publication each month.

Keith Walker

Grapevine received this letter of appreciation from Keith who lives in Pescaglia and reads our magazine regularly. We were delighted to hear from him and thank him heartily for his comments and his contribution, with lovely photos, on page 20.

Readers' contributions are always welcome and may be published space allowing. Remember our deadline is the 20th of each month!

An Introduction to the Alexander Technique

The Studio of the Villa Boccella, with its extensive grounds and breathtaking views over the Lucca plain, was the perfect venue for this introductory course organized by **Tuscany Arts and Healing** (tuscanyartsandhealing@gmail.com).

The Alexander Technique is used extensively in the UK by musicians and dancers, but having never experienced it myself I was intrigued to explore its benefits. After an introductory talk given by the two experienced teachers, Elisabetta Gori and

Francesca Marchesi, these soon became apparent. Each member of the group was given a one to one treatment, and since my sessions with Elisabetta, my stiff neck has practically disappeared and I am more aware of my breathing.

Organiser Jane Parkinson, in true Italian style, was on hand to provide drinks and a delicious lunch in the large kitchen/dining room. All in all a successful event and one well worth attending.

Paula Chesterman, www.tuscantalent.com



Photos:
Jane Parkinson by Marco Egidio,
above and below by Paula Chesterman

