

# Italy Yoga Retreat

8th-15th October 2015

**A tranquil place for you to Relax, Recharge and Rejuvenate your mind, body and spirit. Join us in this beautiful region of Umbria**

- Full board in single or double, with services and private veranda on the park. )
- Full board include breakfast, lunch, dinner.
- Two coffee-tea-herbal teas, fruit etc. breaks each day.
- Use of the large yoga studio (80m2)
- Free use of the large complex of two swimming pools (300 m2) and one large spa in the park (during the summer). Salt filtering systems without chlorine.
- Excellent and fresh food, mostly organic, very well cooked. Possibility of traditional Italian, mixed, vegetarian , Non vegetarian and vegan food (more details after confirmation)
- All the rooms are perfectly heated in winter and cooled during the summer ,
- Rooms are cleaned every 3 nights with fresh bedding and towels
- A beautiful and quiet **yoga studio** of 80m2 with heated or cooled oak floor and large windows on the green park (equipped with stereo, mats, bolsters, belts, blankets, yoga horse, wall belts...
- Yoga Daily ( except 2 afternoons sightseeing break)

## **Not included:**

- Flights
- Bottled water, wine, espresso, cappuccino, extra towels.

## **It is also possible to organise:**

- Guided visits to the beautiful surroundings (art cities of Orvieto, Siena, Todi; Etruscan and Middle Age sites; Bolsena Lake; many thermal springs),
- Cooking classes,
- Wine and oil tastings,
- Massages.

