

Yoga Retreat in Italy with Kava Yoga

July 26 – August 2, 2014

Explore

Meditate

Exercise

Eat

Relax



Yoga Retreat in Italy with Kava Yoga (La Rosa dei Quattro Venti, Martina Franca, Puglia Italy)

What's included:

- 6 days/ 7 nights full accommodation – single or double rooms (all with private bathroom)
- 3 meals per day – delicious and healthy Italian vegetarian meals made fresh daily with love. Pasta and bread are gluten free. All produce & cheese are fresh and locally sourced. Coffee, tea and cakes available throughout the day.
- 2 yoga asana classes per day taught by Jenni & Simon Brandon: one Flow style class (am), one Gentle style (pm). Yoga classes are held in the “masseria” – a restored Puglian farmhouse made of beautiful stone walls and arched ceilings
- Swimming pool with chaise lounge chairs & sun beds
- Bikes are available anytime. Walk and meditate anywhere on the lovely, rustic property (lovely in the early morning or warm summer evening)
- All ground transportation between the airport and retreat center



Cost:

6 days / 7 nights - \$1,700 double room or \$2,200 single room

\$500 1st deposit due by January 10, 2014; remaining payment due by April 15, 2014

* **Costs do not include airfare to/from Italy**

Other activities available (these cost extra / not included with yoga retreat)

- Excursions to the neighboring towns brimming with art, culture, history & shopping. Visit the various markets, churches and “piazzas” to enjoy the charm of this less-touristy southern Italian region. Destinations may include Ostuni, the “white jewel of Mediterranean,” Martina Franca featuring a weekly outdoor market, Grottaglie, home of handmade ceramics, Matera, ancient city carved out of a mountain of stone, the pure beautiful Puglian beaches about an hour away. Cooking lessons + discussion about the food philosophy & cooking techniques at La Rosa.

For more information please contact Cindy Zackney at cindy@kavayoga.com

