



**MEDITATION . HIKING
YOGA . ESSENTIAL OILS**

**VITAMIN SEA
RETREAT 2019**

1-4 AUGUST
4-DAYS IN CONNECTION WITH NATURE
GOLFO DEI POETI - ITALY

WHAT'S INCLUDED



WHERE&HOW

This retreat will take place in the beautiful "Agriturismo Gallerani" in Zanego, a town surrounded by olive trees at 240 meters above sea level within the Gulf of Poets, just 30 km from the famous Cinque Terre.

You will find the perfect combination of harmony and stillness to let go tensions, have fun and recharge your batteries. You can choose between single, double, triple and quadruple rooms, all with private bathrooms.

The restaurant, with its mix of Ligurian gastronomic specialties and vegetarian dishes, make you rediscover the pleasure of good food. The owners of the farm grow their own vegetables and have fresh eggs every day from their happy hens!

An experience that allows to connect with yourself and nature, practicing yoga, meditation, hiking and distillation of essential oils on site, all in the name of caring for your body, of a correct diet, trying to eat tasty and healthy local food.

The Caprione promontory where the Agriturismo is located offers some of the most marvelous and fascinating routes for hiking enthusiasts and nature, wild walkers. We will visit untamed beaches, enchanted hamlets that will reinvigorate you by donating a deep sense of vitality and well-being!

PRICE

FULL PRICE

- € 280 quadruple
- € 360 double
- € 310 triple
- € 360 double single use

EARLY BIRD PRICE

Before July 7th 2019

- € 260 quadruple
- € 340 double
- € 290 triple
- € 340 double single use

DAILY SCHEDULE

THURSDAY AUGUST 1st

- 14 - 17 Arrivals
- 17.30 - 19.00 Yoga
- 19.30 - 20.30 Dinner
- 21 Opening Circle
- 22 Mouna Practice*

FRIDAY AUGUST 2nd

- 7 - 8.30 Meditation&Yoga
- 9 - 10 Breakfast
- 10 - 11.30 Focaccia or Pesto cooking class
- 12 - 17.30 Trekking to Montemarcello (packed lunch)
- 18 - 19.15 Yoga
- 19.30 - 20.30 Dinner
- 21.30 Yoga Nidra
- 22 Mouna Practice*

SATURDAY AUGUST 3rd

- 7 - 8.30 Meditation&Yoga
- 9 - 10 Breakfast
- 10 - 13 Essential oils
- 13 - 14 Light lunch
- 14 - 19 Trekking to Marossa + Tellaro
- 19 - 20.15 Yoga
- 20.30 - 21.30 Dinner
- 22 Mouna Practice Ends
- 22 - 24 Final Sound Dance Healing Party

SUNDAY AUGUST 4th

- 8 - 9.30 Meditation&Yoga
- 10 - 11 Breakfast
- 11 - 12 Closing circle
- 12 Departures (we kindly ask to free the rooms but you are welcome to enjoy the rest of the day at the venue)

*Silence is sacred. Please respect it from 10 until breakfast.

**The schedule is subject to change according to the weather conditions