

YOGA in PUGLIA, ITALY | 16-21 June 2011

6-nights of yoga in authentic Italy to restore mind, body & soul



THE YOGA | The yoga practice will be offered twice daily with one morning free to allow for rest or a day trip to explore the local environment. The 2 ½ hour morning practice will be a deep and dynamic flow with close attention paid to the breath and alignment. Sessions may also include periods of enquiry into particular aspects of yoga that are of interest and benefit to the group.

The afternoon yoga practice will be of a softer nature and will include periods of meditation and Yoga Nidra (deep relaxation). The emphasis of the sessions will be on quiet reflection and will encourage the body to heal and rejuvenate. All levels are warmly welcomed and will be appropriately catered for.



THE VENUE | Masseria della Zingara is a lovingly restored stone-walled farmhouse situated on a ridge of hills. The interior retains many of its original 18th Century features while being comfortable and spacious for groups. The accommodation is of an extremely high quality, most of the rooms have en-suite facilities. Please note that all rooms have twin beds.

COSTS | Price includes:

- all yoga sessions
- 6 nights' accommodation
- all food and wine & soft drinks (throughout the day) packed lunches can be arranged if you are going out for the afternoon.
- use of all facilities, pool, bicycles etc
- 2 outings to local towns (buy your own meals or drinks out)
- airport transfer (from the flights we suggest)

£650.00 twin room sharing.

£850.00 twin/double room for single occupancy.

Option to spread the cost monthly. Flights are very inexpensive when booked in advance. Currently approximately £75 return.

THINGS TO DO | The venue provides an ideal place for lounging and relaxation on the terrace and by the pool. The surrounding countryside provides plenty of places for walks and cycle trips (bicycles can be borrowed from the house at no extra charge).

Close by is the ice cream 'gelato' capital of Italy (Polignano a Mare), along with lots of very pretty white-walled medieval towns and villages each boasting their own culinary specialties. The local region Puglia, which is located in the heel of Italy's boot, is also famous for the unique Trulli houses which dot the landscape.

The house is just 7km to the coast where you will find a stunning series of caves. There is also an excellent beach ideal for swimming and bathing just 10km from the house. Group trips can be organised to suit.