

Silhouette

YOGA • BODYWORK • RETREATS

Nourishing your body and soul



ITALY

We arrive meet & greet with snacks relax, walk settle in. This is a break for total relaxation..

yoga...beach...pool...aqua..hammock snooze...giggles....massages....good home cooked food..

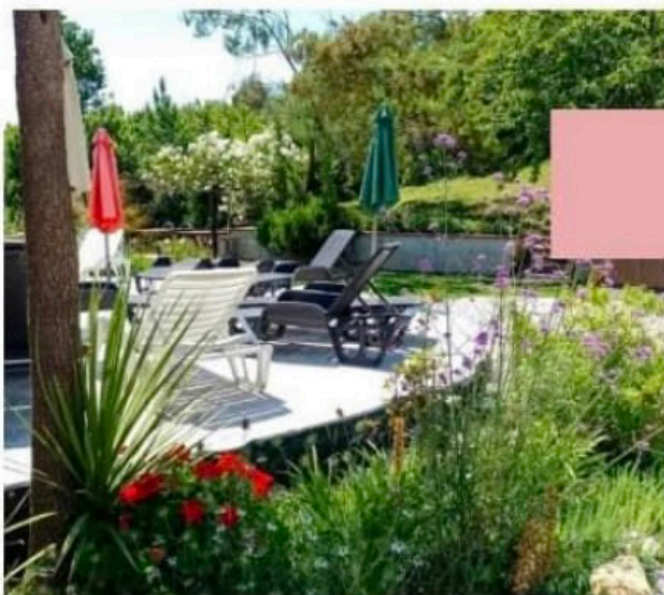
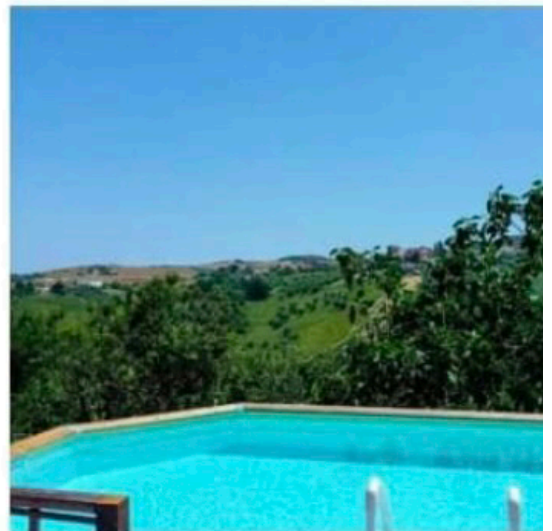
....and sooo much more

RETREATS

Retreats 2024

3rd - 9th September

Abruzzo - east of Rome.



RELAXATION

- Yoga twice daily - includes yin and restorative, meditation and breathwork
- Massage - extra
- All food included
- two trips town and beach
- transfers from pescara
- aqua (optional)
- beautiful accomodation with sauna, hot tub and pool
- £750 plus flights (approx £100)

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