

NATURE & WELLNESS: ANOTHER WAY TO SPEND YOUR HOLIDAYS

8 DAYS/ 7 NIGHTS - 3 STARS HOME HOLIDAYS

April / May/ September

This is a unique journey blending daily yoga and meditation practices along with trips to breathtaking seascape spots, walking through the nature and completing it with the treats of local cuisine and gastronomy.

PRICE: 1.350,00 € per person - The journey full fee for one week is € 1.350,00 which includes seven nights on a double occupancy room with private bathroom, all the visit included in the program, a seven days Yoga program, fully organic Italian cuisine, and all-day long filtered water and tea. Group size Maximum 12 persons. This allows for us to give a lot of personal attention to each student's development.



FULL DESCRIPTION: The one-week retreat is a unique journey program which combines daily yoga together with vibrant Calabrian gastronomic heritage and culinary tradition in the idyllic setting of stunning natural beauty of Calabria. A daily activity program is designed to discover the rich fabric of Calabria's heritage and its cultural wonders that put great respects to nature and the environment. Experience the Calabrian approach to health and well-being, unwind by the sea, and soaking up the sun.

YOGA PROGRAM: Thanks to the richness that Calabria offers you will have the opportunity to alternate practicing yoga on the panoramic terrace of the old medieval village of Badolato to scenery as those offered by natural reserves beaches and salt-pits. The yoga program is preferable dedicated to all levels of this discipline.

TYPICAL DAILY SCHEDULE

Day 1 – Arrival at Lamezia Terme airport and transfer to Badolato, welcome to our home holiday in the medieval village of Badolato. Welcome drink and presentation of the program of the week. Dinner and overnight.

Day 2 - 08:45 Yoga time, 10:30 Brunch, 13:00 Transfer to the beach - Relaxing time, 17:00 Walking along the beach, 17:30 Yoga on the beach, 18:30 Transfer back to Badolato borgo, 20:00 Dinner at a local restaurant

Day 3 - 8:45 Yoga, 9:45 Breakfast, 11:00 Guided tour in Badolato, 12:30 Light lunch, 14:00 Walking to the "Goatway", 15:00 Transfer to the beach from Cucosia, 17:00 Yoga on the beach and relaxing time - 18:30 Transfer back to Badolato, 20:00 Dinner at a local restaurant.



Day 4 - 07:00 Yoga and meditation, 08:15 Caffè and a cornetto at local bar, 08:45 Transfer to Soverato by minivan or bus for the open market - Freetime in Soverato and possibilities to walk or swim along the beach, 12:00 Lunch at local restaurant, 13:30 Transfer to Pietra Grande, 16:00 Transfer back to "Convento Santa Maria degli Angeli" and guided tour at "Mondo X Community", 18:30 Wine tasting and dinner at Cirimignano, 20:00 Transfer back to your accommodation.

Day 5 - 07:00 Walking along the country pathways to the ancient olive grove (ca 45 min), 08:00 Yoga and a short meditation 09:00 Brunch and walking back to Badolato, 13:00 Transfer to the beach from the piazza, 15:30 Yoga on the beach and relaxing

time, 18:00 Transfer back to Badolato and dinner at a local farmhouse. Return to you accommodation and overnight.

Day 6 - 07:00 Yoga, 08:30 Breakfast, 10:00 Walking to Santa Catherina (3 hours) – Pocket lunch based on typical Calabrian food, 13:30 Transfer to the beach, 14:00 Stretching yoga, 17.30 Transfer back from the beach, 18:00 Visit at a private collection of paintings at Cecile’s house, 19:30 Dinner and overnight.

Day 7 - 07.30 Walking to the Church of “Santa Maria della Sanita” - Yoga/Qi gong in the park, 9:30 Brunch in rural house, 11.00 Walking to the beach from the church, 16:30 Yoga on the beach and relaxing time, 18:00 Transfer from the beach, 20:00 Farewell dinner in a typical wine cellar with music by local artist.



Day 8 – Breakfast, check out, transfer to Lamezia Terme airport and end of our services.

ACCOMODATION: Relax and take a deep breath at our fine furnished home house in the old quite medieval village of Badolato. Far away from the hustle and bustle of the city and the hubbub of the outside world, our home holiday will reveal its best-kept secrets in the deep gold stillness at sunset: a wonderful panoramic view over the sea.

GROUP SIZE Maximum 12 persons. This allows for us to give a lot of personal attention to each student's development.

Course information: Our yoga teacher speaks English. Yoga classes are mainly in English with the possibility of classes available in other languages according to our guests needs.

<p>WHAT'S INCLUDED?</p> <ul style="list-style-type: none"> ➤ ACCOMMODATION IN A 3*** HOME HOLIDAYS IN BADOLATO ➤ TRANSFER FROM/TO THE LAMEZIA TERME AIRPORT TO THE HOTEL IN BADOLATO ➤ 2 HRS GUIDED WALKING TOUR IN BADOLATO ➤ WELCOME DRINK ➤ DAILY BUFFET BREAKFAST ➤ 6 DINNERS (DRINKS INCLUDED) ➤ 1 FAREWELL DINNER WITH CALABRIAN MUSIC ➤ 2 LUNCHESS (DRINKS INCLUDED) 	<ul style="list-style-type: none"> ➤ POCKET LUNCH ➤ 2 BRUNCH ➤ DAYLY YOGA COURSES ➤ HALF DAY EXCURSION TO SOVERATO ➤ GROUND TRANSPORTATION BY MOTOR COACH WITH AIR CONDITIONING ➤ SERVICES AND TAXES INCLUDED ➤ MULTILINGUAL TOUR ➤ ENTRANCE FEES ➤ WINE TASTING ON BADOLATO HILLS
<p>NOT INCLUDED:</p> <ul style="list-style-type: none"> ➤ TIPS, DRINKS, PORTAGE, EXTRAS ➤ MANDATORY CITY TAX (1.5-3 EURO, PER PERSON PER NIGHT) ➤ EVERYTHING THAT IS NOT MENTIONED UNDER “INCLUSIONS” 	<p style="text-align: center;">Price for groups of maximum 12 pax:</p> <p style="text-align: center;">€ 1.350,00 per person</p>

Hotels used on Tour or Similar:

Badolato: Casa Vacanza Santa Barbara – Casa Vacanza Costa degli Angeli – Casa Vacanza Stilla Chiara

Hotels listed are based on availability, and are confirmed at the time of booking

Terms and conditions apply as published catalog tour. Contact us for full booking details, policies and terms and conditions.