



Awakening the Heart – A Rasa Yoga Retreat

LA ROSA DEI 4 VENTI – Puglia, Italy

27th June – 4th July 2020

A retreat is a beautiful gift you can give yourself , they are designed to help you slow down , unwind and rest your energy level , as well as truly relax in your surroundings .So you can return home feeling energised , refreshed and inspired by what you have learnt and practiced with like minded people .



Join me on a magical & mythic yoga retreat in Italy – the country of magic, art, great food and beautiful sunshine. Allow your stresses to melt away with guided yoga and meditation practices, healthy organic cuisine and plenty of time to truly let go and connect to your truest nature. Return home refreshed and energised and inspired to truly embrace what you love.

Retreat Location

The 16th Century masseria (farmhouse) has been elegantly restored in a way that the old Apulian style meets contemporary chic. The cool, white stone building makes it a perfect temperature even under the hot Italian sun.

The stylish rooms are extremely comfortable, and the traditional cuisine is mouth-watering divine. Martina Franca is nearby with its charming cobbled streets, markets, Italian coffee and luscious ice cream.

La Rosa Dei 4 Venti is the ultimate yoga destination for a yoga retreat in Italy, whether you are looking to deepen your yoga practice, relax and unwind by the pool or have a treatment, cycle, walk up the hills or swim in the sea – all is possible in this spectacular location. For more details about the retreat, please click on the link: www.larosadei4venti.org



Accommodations & Treatments

All rooms are en-suite with shower, toilet & basin. Each room is a different shape and unique. Furnishings and fabrics complement the building and create a calm and very comfortable environment. The main house comfortably accommodates 10 guests and close by there are 5 further rooms in traditional Trulli houses. These small white conical buildings are one of the most magical aspects of the Puglia landscape. It's not a hotel, it's a unique, cosy and comfortable family run specialist yoga destination. A range of massage treatments is offered at a very reasonable rate, bookings are usually taken at the beginning of the retreat.

Daily Schedule & Itinerary

07:00am – 08:00 am – Fruit & Juices

08:00am -10:30 am – Fire Sadhana Practice

10:30 am – Breakfast

2:00pm – Lunch

05:00pm – 07:00pm – Nectar Sadhana Practice

07:30pm – Dinner

Full schedule will be ready and available on arrival,
please note itinerary and timings are subject to change.

Yoga Practice

As you all know, I am passionate about teaching yoga to others and to be able to share this wonderful practice which has the power to transform lives is nothing than an incredible privilege for me and that's why I want to offer you the chance to share this outstanding experience with me.

This Rasa Yoga Retreat is open to all ages and levels of fitness and experience. Every session will have the attention to details (the alignment and the biomechanics), the awareness of breath (Pranayama), openness to grace (Attitude) and the intelligence sequencing (Vinyasa). All sessions will be adapted to the group and modifications to the pose will be offered to cater for all participants to ensure that everyone is receiving the benefits of the practice and the individual attention.



Food

I am a strong believer that your yoga practice should be supported by delicious and wholesome food. The mouth-watering vegetarian meals cooked by Ilaria, the local chef, who uses only local organic produce & home grown. You will sample some of the traditional recipes of Puglia as well as raw and alkalising meals.

Everything will be wheat free; the only dairy will be homemade goats' cheese and the milk is locally unpasteurised boiled in the house. All the pasta is homemade with spelt, if you have any special dietary requirements please notify us at the time of the bookings & we will do our best to accommodate these.

What is included and your investment

- 3 delicious healthy meals daily, wheat free, herbal teas and coffee
 - En-Suite accommodation
- 2 Yoga practice daily, including, Asanas, Pranayama, Mudra, Mantra and Mythic stories
 - Luxury yoga mats, and all the props
- One day will be free for excursions with yoga practice in the morning only to allow the body to rest and explore this enchanting country
 - Coffee , tea & soft drink are available throughout the day

Early bird reservation until 31st December 2019, on January 1st early bird reservations will close and below prices will increase by 10%

- Shared triple occupancy in a single bedded - £865 Per person
- Shared double occupancy in a single bedded - £995 Per person
- Single occupancy in a double bedded - £1200* Per person

To secure your place, a **NON -REFUNDABLE DEPOSIT** is required upon confirmation - £250
Second & final payment are due by January & April 2020

Not included:

Flights to Bari or Brindisi , Transfer from and to retreat centre ,Treatments and excursions

Please note: Check in only available at 18:00. If you are arriving early, we can arrange the transfer to Martina Franca, store your luggage for you & then pick you up to the retreat.
*only few rooms are dedicated to single occupancy, early booking is recommended.

To book please contact JC on 07863 510598, or email: info@jcyogi.com

Website: www.jcyogi.com

I look forward to welcoming you to Puglia!

