

La Rosa dei 4 Venti, Val d'Itria, Puglia

26th May – 2nd June 2018

This retreat offers a total rebalance immersion – bringing together the key elements from my successful 12-week programmes to create the perfect opportunity to reaffirm your commitment to being the very best you can be.

Blending together my experience of both nutrition and yoga I'll be offering you wellness guidance throughout this week-long retreat, which will also allow you time for personal reflection and contemplation. I'll be encouraging you to stretch your limits in twice daily yoga sessions, reconnect with nature in the sun-drenched countryside and explore the mind/body connections revealed by a pure diet and conscious movement. You'll go home feeling restored and empowered to take a more intuitive approach both on and off your mat!

La Rosa dei 4 Venti is a truly magical retreat location set on a hillside within its own extensive grounds of olive trees and vineyards, divided by ancient dry-stone walls. The main building is a 16th century farmhouse that has been lovingly and elegantly restored to retain character whilst offering the utmost comfort. There is an outdoor yoga platform and a spell-bindingly beautiful indoor studio. Close to the property are fragrant herb gardens, a stunning swimming pool and a tiny chapel. Beyond there is plenty of space to walk and explore the local villages and countryside. It is therefore no surprise that this idyllic hideaway was singled out as "exceptional" in the Tatler Travel Awards.

This retreat is suitable for all levels, whether you are new to yoga or already a dedicated yogi. You will experience an uplifting week that will challenge and inspire you to delve more deeply into your practise whilst also allowing time for you to relax by the pool, read or have a massage. For those keen to soak up the sun whilst remaining active, the immediate surroundings are perfect for walking and trail-running amongst the private woodland and ancient paths.

Prices start at £895 (less £50 if booked before 31.12.16)





Retreat Fact File

Location & Getting There

La Rosa dei 4 Venti is set in its own grounds on a hillside above the beautiful Valle d'Itria, right in the very heel of Italy's boot! The nearest town is Martina Franca, about 9km away and both the Adriatic and Mediterranean coasts are within easy reach. The closest airport is Brindisi, around 50km away. Easyjet offer regular direct flights to Brindisi from London Gatwick and a group transfer pick-up will be organised for those arriving on Saturday morning on flight EZY8373.

Accommodation

Each bedroom is different but all offer exceptional comfort with en-suite facilities. Furnishings have been chosen to complement the unique character of each room, to create a calm and peaceful vibe. The main house can accommodate 10 students and close by there are another 5 rooms in the trulli houses - small, white, conical buildings that add to the distinctive and magical beauty of the Puglian landscape. Most rooms can be prepared as either a single or a double room and several rooms can offer triple accommodation.

Cuisine

The food philosophy La Rosa Dei 4 Venti is a compelling reason to run a retreat here. Seasonal and organic products straight from the garden are used to create pure and delicious plant-based meals, aimed at restoring balance. In the main, raw, organic and gluten free dishes are prepared based on traditionally Italian cuisine but revisited to ensure delicious is also nutritious!

Price

The price, including 7 night's accommodation and all vegetarian meals, is determined by your room choice as follows:

Triple room	£895
Double room	£965

Solo Travellers

The majority of guests booking onto yoga retreats are solo travellers so there will be no problem finding you someone to share a room with. However, if you would prefer to have a room to yourself, there is a single occupancy supplement of £240.

To secure your booking a £300 deposit is required, payable by BACS - book before 31st December 2016 to receive an **early bird discount of £50**. The remaining balance should be paid at least 10 weeks before departure. Staged monthly or termly payment plans through 2017 are an option.

What's included

- ♥ 7 nights en-suite accommodation
- ♥ All meals – these will be lovingly prepared nutritious and delicious vegetarian feasts
- ♥ Herbal teas and healthy snacks
- ♥ A 1:1 consultation and assessment to ensure you get the best from your retreat
- ♥ Daily morning yoga - these will be strong, dynamic sessions to energise and uplift you
- ♥ 4 Evening yoga sessions (1 evening off during the week to allow for an excursion)
- ♥ Alignment clinic with hands-on adjusts and posture assessment
- ♥ Discussions to inspire you on your wellness journey and to delve deeper into your practise

Extras

- ♥ Flights and airport transfers
- ♥ Travel insurance
- ♥ Excursions (transfers can be organised to the local beaches, which are 25 minutes away)
- ♥ Meals or drinks out

"Being on retreat with Sarah was a fantastic experience and my practice came on leaps and bounds through the week, both physically and mentally. Sarah takes a very personal approach with each student, from 1:1 chats, to establish aims, to dedicated class preparation, to ensure sessions met the needs and feelings of the group. Morning sessions were challenging, to invigorate and energise both body and mind. The evening sessions were more mellow flow sequences and there was also time to focus on alignment - the perfect mix. It feels such a privilege and luxury to devote time purely to your practice and well-being, however the benefits make it totally invaluable. I'd wholeheartedly recommend one of Sarah's retreats and hope to join her again on one soon."

Lisa

