



8-DAY YOGA RETREAT IN A HEALING AND MAGICAL SICILY

27.08 - 3.09

Register at:

yogaveneziaclass@gmail.com

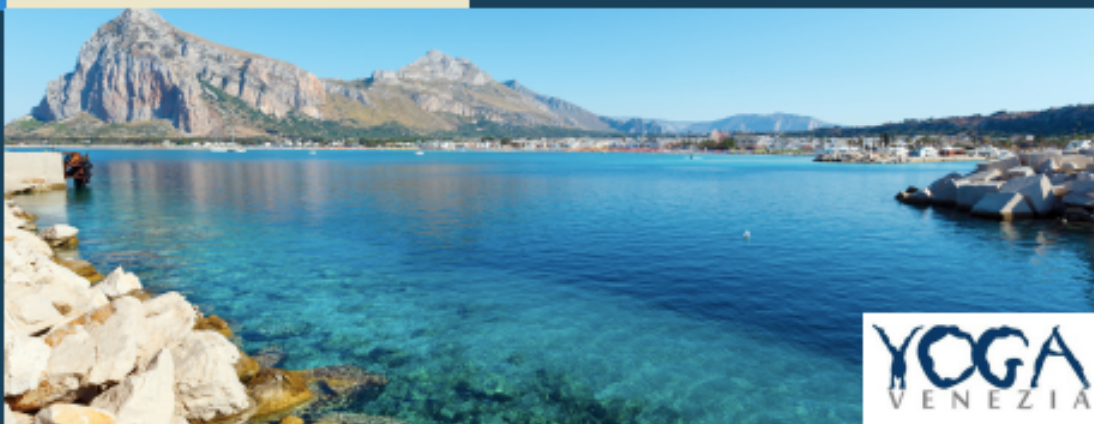
www.yogavenezia.com

language: English, Italian

YOUR GREAT ESCAPE

Join an international crowd for a relaxing, rejuvenating adventure of yoga, with an insider's view of Palermo and the Ionian island of Salina. This week will immerse you into local culture, fine art and cuisine, history and gorgeous nature allowing you to move your body and spirit.

Salina is known for its turquoise, pristine waters and stunning sunsets that seem to disappear into the sea...



RESTORE YOUR MIND, BODY AND SOUL

This 7-night yoga retreat is the perfect way to end your summer season: with 4 nights in a historic, private Palazzo in the heart of Palermo; and 3 nights on the lush island of Salina. As a small group, we will relax, reconnect, and recharge through the practice of Hatha Yoga, mindfulness and boosting our immune system. Organic detoxifying delicious food included. More than just a vacation, this will leave you with pearls of wisdom to bring home into your daily life.

*Ideal places
to slow down,
unplug and
reconnect
with yourself.*

OUR UNIQUE PROGRAM

- 4 nights in a private Palermo Palazzo
- 2 yoga classes per day, all regional transport
- 4 healthy celebratory meals
- all breakfasts and detox drinks
- private guided wine, food and art tours
- bike to beach; hike to a volcano
- please confirm your own hotels in Salina for 3 nights at alerasalina.it or hotelsignum.it

PRICES START AT 950€



Your teacher, Julia Curtis, has taught yoga for over 20 years, and has studied and taught in: India, Bali, Thailand, California, Italy and France. Through her years of practice, she has obtained a vast knowledge in teaching Vinyasa, Anusara, Iyengar and Pranayama. This retreat welcomes all levels of yoga as classes will be custom tailored to each individual and their physical fitness levels.

