

2022 International Yoga Retreat in Italy with Diana and Linda

“Cultivating Inner Peace”

at *La Rosa dei 4 Venti* Retreat Centre October 8-15, 2022

Join us for a week of yoga, wellness and R&R at the exceptional, world renowned retreat centre of *La Rosa dei 4 Venti*. Give yourself the gift of slowing down, reconnecting and recharging in the beautiful surroundings of this peaceful environment. You will be expertly led by two experienced and caring yoga teachers who will encourage and guide you to explore yoga at your own pace and level. You will have the opportunity to practice various types of yoga and mindfulness practices that will deepen your sense of peace and well-being. There will also be ample time for you to relax at the retreat centre or explore the beautiful surroundings of this idyllic Italian country side.

Retreat Centre: La Rosa dei 4 Venti / Web site: larosadei4venti.org

Location: The Puglia region of south-east Italy - 10 km from Martina Franca

What is included with your Retreat:

- 7 nights of Accommodations
- All Yoga and Meditation Practices
- All Afternoon Workshops
- All Meals:
 - Early morning snack and coffee/teas
 - All day access to fruits, coffee, tea, biscuits/cakes & superfood bars
 - Breakfast or Brunch
 - Box lunch you can take with you for your day activity/adventure
 - Dinner
- Use of all common spaces and facilities
- Pool and pool towels
- Private forest / walking trails
- Indoor and outdoor lounges
- Yoga Shala (including all yoga equipment)
- Wi-Fi

What is not included with your Retreat:

- Air travel
- Shuttle service to and from the airport
- Local excursions
- On-site massage services
- Tips / gratuities

Accommodations:

Accommodations will be as shared double rooms. (No single rooms possible at this time.) Currently, because of Italian regulations, rooms cannot be shared as a triple. This situation may change by the fall of next year. (We are hoping 3 per room possible if you are from the same bubble or are comfortable sharing with known friends/family. Let us know if you prefer this option and we will do our best to accommodate this request.)

You will be assigned a room on a first come first serve basis. Each guest room is unique, full of character and furnished to reflect different styles, consistent with the building, to create a relaxed, calming and laid-back atmosphere.

All rooms are equipped with:

- Underfloor heating system
- Private bathrooms with shower, toilet and sink
- Towels
- Hairdryer

Check in is at 5:30 PM – Saturday, October 8

Check out is at 9:00 AM – Saturday, October 15

Cost:

1570 Euros (Approx. \$2,260* Canadian) per person double occupancy

Payments to be made in **Canadian dollars**. Prices include all Canadian and Italian taxes.

* An increase in the Canadian to Euro exchange rate may result in a slight change to the final price of the retreat in Canadian dollars. The exact amount of the final payment will be calculated based on the exchange rate on August 1st, 2022.

Non-refundable deposit of **\$500 Canadian required at time of registration.**

Balance due August 8th, 2022 (2 months before date of retreat)

If the retreat is cancelled due to travel/government regulations relating to COVID regulations in either Canada or Italy, you will be refunded in full (deposit as well as balance).

Registration Requirements:

In order to reserve your spot for the retreat please:

- Complete and return the registration form via e-mail**
- E-mail proof of double vaccination**
- E-transfer \$500 deposit to yogawellnessretreat@outlook.com**

COVID Pprotocols:

All the staff at the Retreat Centre is vaccinated. Numerous rigorous Covid protocols and systems have been put in place at the Centre. <https://www.larosadei4venti.org/post-covid-19-protocol/>

All participants attending this retreat must be double vaccinated.

Current Requirements:

Travel to Italy: Italy is currently requiring a Covid test 72 hrs. prior to entering the country. (antigen test accepted).

Return Home: Canada is currently requiring a negative PCR test 72 hrs. prior to return to the country. Participants from other countries need to check their own government web sites for their country's entry requirements.

The retreat centre will provide testing on site prior to the return home.

Approx. Cost: Antigen test approx. 45Eu for antigen and 85 Eu for PCR

Important Note: Covid travel requirements may change by the time of travel in October 2022.

It is your responsibility to ensure that you meet all travel criteria for entering Italy and returning to your own country at the time of travel.

Travel Plans:

Remember that there is a 6 hour time difference between Montreal and the Retreat Centre. Although we realize that this may not be possible for some of you, we recommend that you arrive in Italy a few days before the retreat to allow yourself to adjust to the time change.

2 closest Airports Bari Karol Wojtyla (1h 30min to the Retreat Center) and Brindisi Papola Casale (1hr. to the Retreat Center)

Retreat Centre Address: Via Monti del Duca, 302 - Zona H, 74015 Martina Franca TA, Italie

For your convenience, we have contacted a travel agent that we feel is trustworthy and very accommodating. If you wish, you can use her to book your flights and discuss travel requirements and any other needs you may have.

Maritime Travel

Helene Karabetian

Branch Manager/Directrice

Voyages Maritime@La Baie

514-697-2225

Sans Frais 1-866-400-7004

hkarabetian@maritimetravel.ca

Required Travel Documents:

You must have a valid passport which has an expiration date longer than a 6 month period from the last day you will be in the Italy. Canadian citizens do not require a visa to enter Italy. Participants coming from other countries are responsible for confirming what the requirements are to enter Italy.

Shuttle Services to and from Airport-Retreat Centre:

The shuttle service is organized by the Centre. Cost of the service depends on number of people sharing the ride. You can choose to ride on your own; if you prefer to share a ride please let us know (send us your arrival/departure information and we will try to pool people together).

Be aware that shuttle pooling may result in some wait time or delays (for e.g. if flights are late).

The shuttle service will be paid directly to the Centre.

Airport / Station	Vehicle	Price	Vat /Taxes
from/to Brindisi (1hr. drive)	Car	€ 80 (1-2 persons) € 100 (3 pers.)	+ 10%
	Minivan	€ 160 (4-5 pers.) € 200 (6-8 pers.)	+ 10%
from/to Bari (1hr. 30 min. drive)	Car	€ 100 (1-2 pers.) € 120 (3 pers.)	+ 10%
	Minivan	€ 180 (4-5 pers.) € 220 (6-8 pers.)	+ 10%

ADDITIONAL INFORMATION:

The Retreat Centre:

Prepare yourself to be bathed in peace and serenity. The property is located in the heart of the **Itria Valley**, (about 10km from Martina Franca, in the region of Puglia in south-east Italy) midway between the Adriatic and Ionian Seas. The retreat centre is totally immersed in the quiet countryside of the Murges; a gently undulating area of hills and valleys. Martina Franca is a riot of colours: the greens of oak forests, olive trees and vineyards, the red soil of farmlands and the white trulli (typical white houses with cone-shaped domes), all framed in a dense network of dry-stone walls.

La Rosa is an ancient **Masseria** (farmhouse) dating from the year 1689, renovated back to its timeless beauty. It was carefully designed with the purpose of hosting yoga retreats and similar types of activities. Among the beautiful gardens are a Yoga Shala, a pool, an outdoor patio, a 17th century church and a private forest.

The Forest:

The private forest, which covers about 13 acres, is populated by a variety of ancient oaks, colourful Mediterranean shrubs and many fragrant flowers and plants. The vastness, silence and intimacy of the woods make it perfect for walks and moments of meditation. Discrete recesses are equipped with natural stone seating, where you can relax and contemplate under the shade of the oaks. The forest is also home to the beloved donkeys, Elma and Elinara.

The Yoga Room:

The old stone barn has been converted into a large and impressive yoga studio. Inside, the natural wood flooring is surmounted by a barrel-vaulted ceiling of local stone, and the original troughs, that contained the food for the animals, are now used for storage of mats, etc. It is a bright and spacious environment in which you'll find silence and inspiration to practice yoga and meditation.

The Cuisine:

The delicious cuisine, is based on a PH alkaline diet, with a wide variety of locally sourced products and organic ingredients, carefully selected among the freshest foods of this great agricultural region. Many fresh fruits and vegetables are picked from the kitchen garden, and the menu changes according to the seasonality of products; bringing different tasty delights to the table. You will experience a healthy, Italian culinary culture and heritage: traditional recipes and contemporary cuisine combined with lots of vegan, raw and gluten & dairy free dishes. Bread, pastries and pasta are homemade, but due to the special ingredients like buckwheat, spelt or kamut flour, these are all much lighter and healthier. Each meal is prepared with great thought and precision and the chef will be happy to accommodate your dietary needs.

Reviews:

<https://www.larosadei4venti.org/press-reviews/>

Local Tours:

Once on site the retreat centre will help us organize some group excursions, depending on the interests of the group or of individuals.

Here are some options: <http://www.larosadei4venti.org/discover-puglia/>

