



MONTEMELINO YOGA RETREAT

Package & Info

LA DOGANA, ITALY

THE PACKAGE

The package includes the following services:

- Private coach transfers to and from Florence airport.
- Home made breakfasts & dinners.
- Six nights accommodations in an Italian countryside apartment.
- Wine & olive oil tasting with visit into a winery.
- Gelato class and tasting.
- Yoga lessons with your teacher.
- Three stunning town tours.

\$2.300

total price per person



WHAT IS WAITING FOR YOU

- bath & swimming-pool towels
- wifi
- shampoo
- body soap
- yoga blocks
- yoga mats
- swimming-pool

WHAT TO BRING

- walking shoes
- sunblock
- bathing suit
- euro outlet adapter
- cash/ euro notes (\$500)

APARTMENTS

Each apartment has two bedrooms, one/two bathrooms, living-room with kitchenette. You will share the room with one person, you may choose with which person to share it.

EXTRA COSTS

Drinks excluded from the dinners wine.

Lunches during city tours.

Private shuttles you request.



SOME OF OUR TOWN TOURS

- Cortona: home of “Under the Tuscan Sun”
- Pienza in the historical region of Val d’Orcia: Cheese maker with tasting.
- Spello: wine tasting treasure hunt.
- Perugia the historical heart of Umbria.
- Siena and its romantic hills.
- Montepulciano an its wine.
- Castiglione del Lago: a window over the lake.





FOOD

At buffet

Healthy international breakfast buffet.

Home made Italian dinners.

2/3 courses menu, waters, wine, coffee.

*Possibility to choose between normal menu,
vegetarian, vegan.*

FACILITIES

- Stunning garden area between vineyard and olive trees.
- Swimming-pool with view over the vineyard.
- Yoga room.
- Washing machine.
- Possibility of renting mountain bikes, hourseridings, massage therapist in the venue.

SHUTTLES

We are meeting at the Florence airport at 4 pm.

Many flights may have you landing in different airports other than Florence. If you do not land at the Florence airport you will most likely need to take a train to get to Florence.

We advice to arrive before the check-in day in Florence and visit this amazing town for few days.

Departure shuttle is at 9.30 am, if you need to take a shuttle at a different hour this is an extra cost.

After the first town tour the coach will stop at the supermarket if you need to buy any snacks or particular thing.

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PAYMENTS

To book your retreat a 30% non refundable down payment is due. The full payment will need to be made by no later than one month in advance.

The payment may be made through PayPal.

You may delete the reservation up to one month before the yoga retreat check-in week, but you will lose the down payment.

If you cancel the reservation after one month from the check-in yoga retreat week the entire package amount will be lost.

However, in both scenarios we will be happy to offer you the possibility of choosing another yoga retreat week within one year with no additional cost.

EXTRA ACTIVITIES

Extra activities available on the retreat:

- Hiking trails up to castle/views and along the lake
- Horseback Riding in the Tuscan hills
- Massages and other Spa treatments
- Biking (serious cycling and recreational)
- Water activities on the lake (kayaking, SUP, etc)
- Vespa Rentals (in the town)
- More city tours (Tuscany and Umbria regions)

Look Forward to meeting you!

Lucia

