

Yoga, Kirtan, Meditation

8–15 august 2010

Santa Maria del Sole
Puglia/Italy



LOCATION:

In the middle of the valley of Itria, approximately 40 minutes drive from Brindisi and 60 minutes from Bari, lies Santa Maria del Sole. The 16th century farm house has 20 charming guest rooms, some in typical Trulli style. It is a sanctuary offering organic homegrown food providing you with new strength and inspiration.

PROGRAM:

The mornings are dedicated to yoga asana, pranayama and meditation followed by a delicious brunch. In the afternoon optional excursions can be made to the stunning beaches and beautiful villages in the area. Walking, biking or just relaxing at the pool are further possibilities as well as indulging in a Thai Massage. Later in the day we will meet again for kirtan lessons and/or chanting together.



Elisa Bruni
YOGA

Spring Groove
KIRTAN/MUSIC

Michaela Derra
THAI MASSAGE

INFO/BOOKING:

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OFFER:

7 nights with full board (italian vegetarian cuisine) in triple, double/twin or single rooms as well as daily yoga classes and kirtan. Prices starting from € 690 p.p. for early bird reservations (travel expenses/transfers are not included).

