

SPOIL YOURSELF WITH AN ALL INCLUSIVE YOGA HOLIDAY.

Stay at the beautiful yoga retreat, Casa Mimosa, Abruzzo, Italy.

11th – 16th Sept September 2012. www.houses-in-italy.co.uk

This is a wonderful chance to practise at yoga as a leisure activity (suitable for all levels), surrounded by the stunningly beautiful rural landscape of Abruzzo, in luxury en suite accommodation.



Our Yoga teacher – Jennifer

Jennifer has been teaching yoga for 16 years. She has studied many forms of yoga including Vinyasa, Hatha and Astanga. Her classes are fun and tailor made to suit the group as a whole. Jennifer listens to any specific concerns of an individual and helps them improve posture, flexibility and confidence.



Itinerary: Arrive Tuesday 11th. This is a late arrival time unfortunately but anyway you will be met at the airport and brought to Mimosa. You will be shown your rooms and offered some light refreshments and a glass of wine or two! Yoga will take place on the terrace, daily at about 9am followed by an extensive, leisurely brunch between 10.30-11.30am. The afternoons can be spent **sunbathing**, relaxing and enjoying **the pool**, having **massages** (not included in the price) or you can go for a **walk through the olives groves**. Tea and cake is served at about 3pm. At 4.30pm another 1 ½ hour Yoga session with Jennifer, on the evening terrace under the shade of the bamboo canes. After Yoga, drinks and nibbles are served on the veranda watching the sun set over the Gran Sasso mountain range followed by a 3 course supper. On the **Saturday** night there is a meal out at a nearby restaurant (additional E25 fixed price), several courses of local delicacies and all the wine you want! **Sunday** will follow the same pattern except you will be leaving for the airport at about 7pm.



£450 (usually £575), for the whole break - 5 nights, all ensuite accommodation (based on 2/3 friends sharing), yoga sessions, airport transfers, lessons, meals and wine included in this price.

To book the limited offer (max 12 places) please call 01264 810171 or email office@houses-in-italy.co.uk

This itinerary and transport is based on Ryanair flights from Stansted to Pescara/Ancona, these may be subject to change depending on Ryanair.