



YOGA ADVENTURE UNDER THE SICILIAN SKY

June 23 - June 30, 2018

Yoga, Authentic Sicilian Homemade Meals, Local trips and much more is what to expect during this exciting adventure!

Join Hot Yoga Malmö and Paola from www.gotoSicily.com for a 7night Yoga Adventure in Castellammare del Golfo, Sicily!

Christian in connection with Paola proudly present a customized itinerary to allow you to discover the many aspects of a culture that has traces of the Greeks, Arabs, Turkish, Spanish and Normans!

You will be captivated by a fascinating journey and will experience the charm of small villages, genuine cuisine and the warmth of the Sicilian people.

You will start every morning with a yoga class to energize and refresh you and an opportunity to refine your practice in two yoga workshops

June 23 - Private transfer from Palermo Airport to Castellammare del Golfo. Check in into your B&B where you will be served a light Dinner. (D)

June 24 - 7:00 AM Morning Yoga. 9:30 AM breakfast. Full day excursion to the Natural Park of Lo Zingaro. Short visit of Scopello Village, before returning to Castellammare for a delicious homemade dinner (B, D)



Lo Zingaro

June 25 - 7:00 AM Yoga. Quick cup of coffee so we could have an early departure to go to Salemi to visit a dairy farm. We will witness the various stages of the transformation of milk into ricotta and then cheese. A tasting of hot ricotta, tuma and other Sicilian specialties will be our lunch special of the day. Before returning to Castellammare for a family style 'spaghattata', we will stop in Segesta for a tour of its Doric Temple and its Amphitheater. (B, L, D)



Ricotta Cheese

June 26 - 7:00 AM Yoga class. 9:30 AM breakfast. A leisure morning with ample beach time. Enjoy a delicious lunch (not included) in the many restaurants in Castellammare. In the late afternoon we will host a Yoga workshop and Meditation followed by a delicious home cooked meal (B, D).



Pellegrini Winery

June 27 - 7:00 AM Yoga class. Breakfast by the harbor in Castellammare before going on the mini cruise that will take us from Castellammare to San Vito Lo Capo. You will have a chance of swimming in the blue clear waters of Lo Zingaro, enjoy the white sandy beach of San Vito Lo Capo, swim around "I Faraglioni", sea emerging rocks in Scopello and return to Castellammare to enjoy the many Delicious restaurants in town (Dinner not included). (B)

June 28 - 7:00 AM Yoga class, breakfast and departure for Marsala, for a visit to the famous Pellegrini Winery to sample and learn about "Marsala" Wines. Next, we will visit a Salt Mill and then on to Erice, to visit this Medieval town placed on the top of a hill and overlooking the city of Trapani and the Egadi Islands. Pizza party in the vicinity of Castellammare. (B, D)



Erice

June 29 - 7:00 AM Yoga class. Breakfast and full day at leisure. Relax by the pool, or spend the day by one of the many lidi on the nearby beach. A late afternoon workshop and meditation followed by a Farewell dinner. An optional day tour to Cefalú can be arranged upon request. (B, D)



Scopello

June 30 - 7:00 AM Yoga. Breakfast - leisure time and private transfer to airport (B)

LAND ONLY COST: \$1,550.00 per person based on double occupancy
\$ 150.00 Single Supplement

3% credit card fee (not applicable if money is wired)

A non-refundable deposit of **\$250.00** per person is due at time of reservation
Final payment is due 90 days prior to departure (Monday, March 25, 2018)
Group size restricted to 12/14 participants

INCLUDED IN LAND COST:

- Round trip Airport transfers from Palermo Airport;
- 7 nights private accommodation in B&B with infinity pool and a beautiful view of the Golf of Castellammare;
- 15 meals;
 - 7 Continental Breakfast with fresh local fruits and produce
 - 1 Lunch
 - 6 Dinners
 - House wine, water and coffee served with meals
- Touring by private air-conditioned motor coach to specialty dairy and tasting in Salermi
- Wine tasting in Marsala
- Assistance throughout the length of the trip
- Entrance fees to archeological sight of Segesta
- Full day boat ride to San Vito Lo Capo
- 7 Yoga Lessons (given every morning)
- 2 Yoga Workshops

NOT INCLUDED IN LAND COST:

Air Fare, pre/post hotel nights, car rental, private tours/excursions (optional upon request), Tips/Gratuities and anything not mentioned in the itinerary.

Upon request we can arrange:

- **Optional excursions to Monreale, Palermo or Cefalu` can be arranged upon request**
- **Extend your stay pre/post tour**

Cancellation insurance is optional and highly recommended

CONTACTS:

Christian - PH: +46763483114 or EMAIL retreats@hotyogamalmo.se

TRAVEL AGENCY
AGENZIA ITALIA®
EXPERIENCE THE AGENZIA ITALIA DIFFERENCE

60-89 Myrtle Avenue
Ridgewood, NY 11385

Toll Free
1 800 648-2484

Contact Us
(718) 821-4660 Ext. 0