



# ***Abruzzo Yoga & Chakra & Foodie***

**Pranayama – Hatha – Vinyasa – SUP Yoga on Adriatic Sea**  
**Yin – Chakra – Shiatsu**

**5 days / 4 nights**

**Certified Instructors from Terima Kasih Yoga**



*by Daniela*



# Abruzzo Yoga & Chakra & Foodie

## Programme & Itinerary



### DAY ONE – Tuesday

#### *Rome – Medieval Santo Stefano di Sessanio – Campo Imperatore Agriturismo La Rustica*

- **10:30am:** Meet in Rome at **FCO Airport** OR in Rome in front of the *Atlantico Hotel* on Via Cavour, right by Termini Station in Rome (upon request)
- Transfer to Italy's hidden gem, the **Abruzzo region** and to the fascinating medieval village of **Santo Stefano di Sessanio**, on the majestic *Gran Sasso d'Italia*
- Upon arrival we will enjoy a *Prosecco* together as we discover the village's picturesque corners before lunch
- After lunch, we will set off on a drive through the majestic *Campo Imperatore* plateau and along its open roads!
- Transfer to our lovely *Agriturismo La Rustica* in the peaceful surroundings and sweeping hills of the *Pescara* countryside
- Leisure time to relax and settle in and late afternoon introduction to the *Yoga & Chakra* experience with certified Instructors **Daniela** and **Fabio** as we walk through our olive grove
- Dinner at the Agriturismo and a good night's rest

### DAY TWO – Wednesday

#### *Mantra – Pranayama – Hatha – Vinyasa Organic Olive Oil Tasting & Special Wine Tasting Dinner*

- **7:30am:** An early wake up to enjoy the sound of our peaceful natural surroundings as we immerse ourselves in a few minutes of *Mantra* listening followed by an introduction to *Pranayama* techniques
- Channeling our energy will lead to our 1.5 hour session of *Hatha Yoga*
- **10:00am:** breakfast followed by time at leisure to explore and take your experience further with Daniela
- Lunch followed by some rest
- **4:00pm:** session of Power/Vinyasa yoga
- **6:00pm:** departure to reach the nearby town of *Bucchianico* for an *organic olive oil tasting* experience at lovely Francesca's passionately restored olive mill, *Cantinarte*
- A short stroll down *Bucchianico*'s narrow alleyways and we are all in for yet another treat as dinner nearby will also be a very enjoyable wine-tasting experience!
- Our sommelier *Claudio* will open his exclusive cantina for a **wine-tasting dinner** with a delicious selection of local savouries knowledgeably paired with highly selected wines from our region, with organic / Kosher wine options available!
- Return to *Agriturismo La Rustica*

## **DAY THREE – Thursday**

### ***Mantra – Pranayama – Hatha – Vinyasa Chakra & Colours Meditation – Hands on Cooking Session - Shiatsu***

- **7:30am:** An early wake up to enjoy the sound of our peaceful natural surroundings and under the olive trees as we immerse ourselves in a few minutes of *Mantra* listening followed by an introduction to *Pranayama* techniques
- Channeling our energy will lead to our 1.5 hour session of *Hatha Yoga*
- **10:00am:** breakfast with organic produce grown locally
- This morning Fabio will take over and test your Chakra energy points
- To follow, a ***Chakra & Colours Meditation*** session
- Lunch followed by some rest
- **5:00pm:** session of Power/Vinyasa yoga or **Shiatsu** massage
- **6:30pm:** sleeves up for a hands-on ***Cooking Masterclass*** (*Pasta & Sauces / Vegetarian / Vegan / Raw Food options dependant on availability of our Chefs and fresh ingredients*) under the guidance of our Chefs and health experts
- Dinner with the fruits of our labour accompanied by local wines and a local Grower
- Good night's rest

## **DAY FOUR – Friday**

### ***Adriatic Sea Experience - Pranayama – Yin Yoga – SUP Yoga on the Adriatic Sea***

- **6:00am:** an early wake up to reach Abruzzo's stunning and unique ***Costa dei Trabocchi*** for a very special Yoga morning
- We will reach the Trabocchi Coast at Sunrise
- Optional chance for a **special boat trip along the Adriatic Coast at sunrise in our Tenderjet\***
- We kick off with a short session of *Pranayama Yoga* followed by a session of *Yin Yoga* with Daniela on a traditional ***Trabocco***
- **8:30am:** refreshments with a selection of healthy cold pressed juices and freshly made savoury and sweet pastries
- **9:00am:** your first attempt at *SUP Yoga* on a ***Paddleboard***
- **10:30am:** Breakfast on the beach
- Walk along the beach until lunchtime
- Lovely lunch on the beach with the freshest fish from the Adriatic Sea (*vegetarian option available*)
- Return to *La Rustica*
- Dinner will be either at *La Rustica* or in the nearby hilltop town of ***Pianella***, where our hosts will spoil us on local delicacies all beautifully paired with local wines
- Return to *La Rustica* for a good night's rest

**\* subject to minimum number of 6 guests (unless agreed otherwise) and dependant on Sea conditions**

## **DAY FIVE – Saturday**

### ***Mantra – Pranayama – Sulmona – Market Day - Rome***

- **7:30am:** An early wake up to enjoy the sound of our peaceful natural surroundings and under the olive trees as we immerse ourselves in a few minutes of *Mantra* chanting followed by *Pranayama* yoga
- **9:15am:** After breakfast, we say goodbye to our hosts at *Agriturismo La Rustica* and head toward the classically beautiful Italian town of *Sulmona*, world renowned for its ***confetti and artistic filigree*** jewelry tradition
- A leisurely stroll through this historical village to visit its shops and its bustling **market** in Sulmona's busy *Piazza Garibaldi* towered by the historical *Medieval Aqueduct*
- We recommend a stop at *Fernanda and Giovanna's* pretty ***honey-shop*** by the *Piazza* for a ***sweet honey-tasting*** and a chance to purchase lovely and *tasty* special gifts
- Before sitting down to lunch, we will enjoy a trendy *aperitivo* sipping a glass of ***Prosecco*** amid the buzz of *Sulmona's* “*passeggiata sul Corso*”
- Lunch will be in one of the best restaurants in town with our lovely hosts
- Transfer to Rome airport...***arrivederci Abruzzo!***

## ***VENUES***

### ***Agriturismo La Rustica***



***Our Jet Tender***

## Highlights & What's included for "Abruzzo Yoga & Chakra & Foodie"

1650 eur

- **Guests: min 4 / max 6**
- Starting point: Rome Airport / Centre @ 10:30am on Day One
- Ending point: Rome Airport / Centre on Day Five
- Fully escorted by our **certified Instructors from Terima Kasih Yoga** and Hosts
- Accommodation 5 days / 4 nights in **SINGLE ROOM (at no extra charge!)**:
  - 4 nights at the lovely *Agriturismo La Rustica* in the sweeping hills of the Pescara countryside
- **An exciting and unique experience of discovery in Abruzzo**
- Yoga and Meditation sessions:
  - Pranayama
  - Hatha
  - Vinyasa
  - SUP yoga (all equipment provided)
  - Yin Yoga
  - Chakra
  - Shiatsu massages
- Masterclass Cookery Classes under the guidance of our Chefs
- Foodie Experiences:
  - Hands-on Cooking Masterclass (options: Pasta & Sauces - Vegetarian – Vegan – Raw: **dependant on fresh ingredients available**)
  - Olive Oil Tasting in a beautiful olive mill dating back to the early 1700's
  - Wine Tastings
  - Exclusive **Abruzzo1.com Add-ons** available on request
- All restaurants and venues are highly selected and offer the most special **Abruzzo1 & ItaliaSpeciale Experiences!**
- **All meals included** with drinks as per the program with **highly selected wines from Abruzzo** as part of the *Abruzzo1 Experience*

### Not included

- Flights
- Entrance Fees (Museums, Exhibitions etc), although we would be pleased to arrange
- Gratuities

### A word on Tipping

At **Italia Speciale and Abruzzo1** our mission is to assure only the best experiences possible around Abruzzo and Italy through our highly selected network of Partners and Hosts, all committed to delivering the highest standards of knowledge and service to our guests. We do this by nature and soul, as proud as we are of our proposals and our people. Tips are never expected and always come as a nice bonus for our partners.

A token of gratitude. Ideally your Host should collect €75 eur in cash per guest on Day 3 to cover all tips that deserve to be shared among all Partners. Tips are not compulsory by any means, and should be given exclusively for high quality service.

## *The Nitty Gritty*

### *Breakdown & Payment*

**Proposal Cost: €1650 Eur**

**Payment breakdown:**

- €250 Eur non-refundable deposit due upon booking
- Balance due either before or upon meeting

**Payment method:**

**Deposit:**

- Bank Transfer + bank charges
- Credit Card in Italy: +3%
- Credit Card via Paypal: +4.5%

**Balance\*:**

- Bank Transfer + bank charges
- Credit Card in Italy: +3%
- Credit Card via Paypal: +4.5%

**\* CASH AMOUNT REQUIRED UPON MEETING: €250 pp**

*Thank you, Leonardo.*

***Payment: Bank Transfer + bank charges | Credit Card via Paypal: +4.5% | Cash: \$100 USD discount\****

***\*Valid if minimum number of participants is met***

**BANK DETAILS**

**Name:** GlobalMente.biz SRLS

**Bank name:** UniCredit (00789)

**Address:** Viale Abruzzo -66010 Chieti (Ch)

**IBAN:** IT20H0200815502000103708183

**BIC/SWIFT:** UNCRITM1789

***Leonardo De Flaviis || Abruzzo1.com***