

Kundalini Yoga Retreat in Italy



“Santa Maria del Sole” Puglia, Southern Italy September 8-14 2012

Santa Maria Del Sole is a perfect location for a week of Kundalini Yoga, healthy food, sun, natural beauty and relaxation. This is a peaceful, natural, almost holy place, ideally suited to developing spiritual practice. It is a 15-hectare property situated on the Itria Valley in the ‘heel of Italy’s boot’. The landscape is rural, largely flat and is dotted with beautiful olive trees and vineyards, divided by pretty dry-stone walls. The main building is a 16th century *masseria* (farmhouse) that has been elegantly restored in typical, old *apulian* style with many of the authentic features still in place.



Kundalini Yoga Sessions

You are free to choose the yoga practice of your interest:

- In the early hours a Sadhana practice (meditation, yoga and chanting will set you for the day.
- After breakfast sessions include a short lecture and a more dynamic yoga practice and meditation.
- Evening sessions will allow you to have a good night sleep

Activities and Excursions

The area is rich in history and natural beauty. It is very relaxing to wander around the many cobbled streets, appreciating the architecture, sampling the excellent gelato (ice cream) and wondering in and out of shops hunting for souvenirs. (Olive oil, specialty pasta and ceramics are popular choices).



Puglia is often referred to as the 'land of the two seas' as it protrudes into both the Adriatic and the Ionian Seas. There will be time to visit the towns and seaside during our week: Martina Franca, Grottaglie, Alberobello y Polignano a Mare.



ACCOMMODATION: All rooms are suited with shower, toilet and basin. Each room is a different shape and unique in its own way. Furnishings and fabrics complement the building and create a calm and very comfortable environment. These small, white conical buildings are one of the most magical aspects of the Puglian landscape. Their roofs have been constructed especially to remain cool in the summer while retaining heat in the winter. "Trulli" building is a traditional skill and no cement is used.



FOOD: Three delicious vegetarian meals are served. Local organic ingredients are carefully chosen to provide excellent dishes including traditional recipes of Puglia. If you have any special dietary requirements please notify us at the time of booking and we will do our best to accommodate these.



COST and PAYMENT PLAN:

Double Occupancy \$ 1,665

Deposit of \$225 due by Dec 31st, 2011

6 payments of \$240 due by the end of each month (January – June 2012)

After December 31st, 2011 one payment of \$1800

Single Occupancy \$ 2,190

Deposit of \$690 due by Dec 31st, 2011

6 payments of \$250 due by the end of each month (January – June 2012)

After December 31st, 2011 one payment of \$2430

Space limited to 15 participants

Package Includes:

- 3 daily kundalini yoga sessions/workshops guided by Kewal Kaur, certified Kundalini Yoga Teacher
- Transfer from Brindisi or Bari airports to and from "Santa Maria del Sole"
- Private transport for the visits to surrounding towns
- Three daily vegetarian organic meals
- 6 nights' accommodation

Not Included:

- Flight tickets from your country to Brindisi or Bari and to your country
- Meals outside "Santa Maria del Sole"

If you prefer to be independent to explore the area during your stay, we strongly recommend renting a car at the airport.

Cancellation:, cancellation must be done in writing either per mail or email.

Deposits are non refundable.

For cancellations made up two weeks before departure, 50% of payment (excluding deposit) will be refunded. Thereafter refunds (up to a maximum of 25% of payment and excluding deposit) will only be considered under exceptional circumstances at the discretion of the organizer. If you cancel the booking after the start of the retreat you will have to pay full price.

Please contact Kewal Kaur for booking form and other information you might require.

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