



Accommodation

The yoga group are housed together. There are two rows of rooms. The upper row have a terrace and the lower row have small patios and overlook a private wooded area. All rooms are en-suite.

See website for more details

Cost (not including flight)

Please note that these are discounted prices especially for those people who regularly attend Divya's yoga classes, or have been on a yoga retreat with her before. Prices on the Free Spirit Travel website are much higher.

Accommodation	Per person
Single room	£815
Shared room	£700

Includes: Accommodation, half board, yoga, full access to the hotel facilities.

Not included: Flights, lunch, travel insurance, transfers, access to golf (20 euros p/d), all drinks and treatments.

Travel: Fly to Naples, ideally we would like to arrange a group transfer from Naples airport directly to the venue. For this we request that the group arrives by lunchtime. This will be a group transfer, if numbers are low then you may have to take the train to Paola. Please discuss this with your yoga teacher or the Free Spirit office.

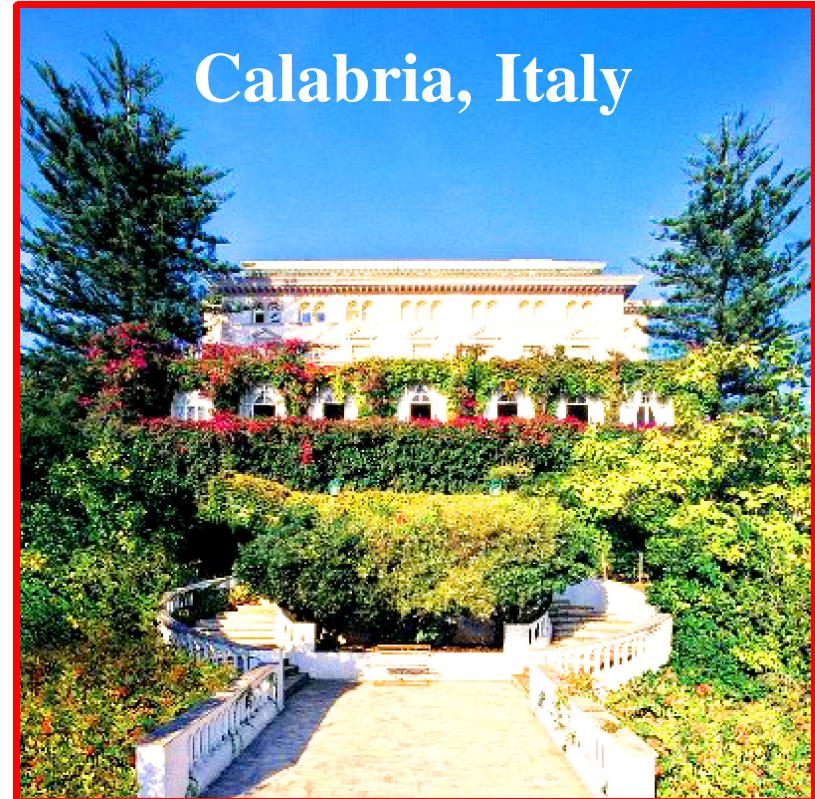
Alternatively you can fly to Lamezia from Stansted airport with Ryan Air

Transfers: Taxi transfers from Lamezia airport to the venue are 85 euros for a four person taxi and 115 euros for an eight person taxi.

Taxi transfers from Paola Station to the venue are 40 euros for a four person taxi and 72 euros for an eight person taxi.

Coach transfer from Naples to the venue - price depends on numbers

To reserve your place, or for more information, please contact
the Free Spirit Travel office:
01273-564230 email: info@freespirituk.com
www.freespriyoga.co.uk



Calabria, Italy

Mindful Yoga and Meditation with Divya

July 27th - August 3rd 2019
from £700





Mindful Yoga and Meditation with Divya

Through a deep practice of Yoga, Divya aims to help her students develop a stronger body, calmer mind and liberating sense of self.

London based and a dedicated practitioner since 2000, Divya has been a full time senior level teacher since 2006, offering drop-in classes, retreats, courses and bespoke tuition to help the individual on their path.

A community has grown organically through her time in teaching, connection like-minded souls.

A mindful practice of asana - the physical postures - are Hatha, Yin and Restorative based.

This is accompanied by breathing techniques (Pranayama), Meditation and Yoga Nidra.



" I teach in a way so that Yoga's physical, philosophical and spiritual benefits can be felt as we practice. We are doing yoga so that we can find and experience an optimal state of being and inner stillness. From this we can live in a more peaceful flow state that helps us navigate the ebbs and flows of life and to connect with others in a natural, non-stressful and fulfilling way."



Additional information

This is a hotel with 47 acres of organic land. It has its own vineyard, golf course and farm. All vegetables are grown on the farm, olive oil is from their own trees, wine is from their own vineyards and jam is home made.

It manages to combine a formal feel with a lot of fun and feels like you have been dropped into an Agatha Christie movie!

There is a swimming pool at hotel level with great views across the ocean, perfectly situated for afternoon tea.

The beach is reached by a 92 metre high private lift that almost takes you to sea level. Here is a small private beach, where terraces have been built for sunbathing and a bar. During the summer you can also have lunch here, looking and listening to the ocean as you eat.

This is an eco venue. The on-site farm and vineyard provides the hotel with fresh pesticide free food: fruits, vegetables, olive oil, wine, milk and cheese, daily laid eggs, home made jams and preserves. It produces about 75% of the organic food served at the hotel.

On sunny summer days we will enjoy our breakfast and also dinner on the two beautiful terraces overlooking the sea. Food is delicious, breakfast and dinner are included. Lunch can be bought for 15 euros or a light snack for about 5 euros.

There are two yoga shalas. A large outdoor circular shala is situated above the swimming pool with views toward the sea. Nearby is a second indoor yoga room for the exclusive use of the students. A kettle plus herb teas are kept here so you can make hot drinks before classes, or when relaxing.

Excursions:

A small village with shops and cafés is nearby and a taxi costs 5 euros. We can visit a market, an old town, thermal baths, churches and museums or go on a boat trip.,

Ornella will give you options when she shows you around the hotel on the first morning.



Lots of options - or just lay in the sunshine.