

A photograph of a rooftop terrace. On the left, a concrete staircase with a rust-colored metal railing leads up. The terrace floor is paved with light-colored tiles. In the center, there is a dark blue door set into a light-colored, textured wall. In the foreground, two light blue outdoor sofas with red cushions are arranged around a small, dark blue cylindrical table. Several potted plants, including cacti and succulents, are scattered around the seating area. The sky is clear and blue, with a small crescent moon visible in the upper right. The overall atmosphere is bright and sunny.

La Dolce Vita Yoga & Holiday  
Escape





WELCOME

## ....to Your Yoga and Holiday Escape in Puglia, Lecce.

La DolceVita Yoga and Holiday Retreat in Puglia is where your holiday meets mindful movement and deep relaxation. Surrounded by olive groves and sunlit landscapes, our retreat offers the perfect blend of yoga, wellness, and exploration.

Whether you're here to rejuvenate, deepen your practice, or simply unwind, this is your sanctuary to reconnect with yourself and savor the charm of this enchanting region.

We're delighted to share this journey with you. Welcome to your retreat in Puglia.





Your grand adventure begins at this very moment!

June 14th - 18th, 2025



# My Yoga Journey

Yoga has been my guiding light through years of fast-paced living in London and Dublin. It began as a personal practice and evolved into a calling to share the gift of mindfulness and movement with others. Now, as a certified instructor, I design retreats that blend yoga, wellness, and the stunning beauty of Puglia.

Join me to explore a practice that nurtures both body and mind, set against the backdrop of this magical region.







## What's included

4 nights accommodation in Palazzetto Giravolta

2 daily yoga sessions of Power Vinyasa Flow (morning) and Restorative Yin / Meditation (late afternoon) with expert tuition from myself

Delicious Puglia-themed meals prepared by our local cook

Teas, coffees, juices, smoothies, and water

Guided walks of Lecce and its amazing baroque-style art and architecture

Organised excursions in Salento

Boat Trip to explore some of the gorgeous caves in Salento.

Aperitivo on the boat.

Transfer from the airport to the house.





## What's not included

Flights

Travel insurance

One meal out together in Lecce or a nearby town

Train/transport fare for organised excursions

Other activities, e.g. cooking lessons, beach club





## THE FOOD

# Taste of Puglia, Fresh Seafood Delights

Puglia cuisine celebrates the bounty of the sea with simple, fresh, and flavorful dishes. From octopus salad to grilled fish drizzled with local olive oil and lemon, every bite reflects the region's Mediterranean heritage. Signature favourites like orecchiette pasta with seafood and calamari fritti showcase the vibrant flavours of the Adriatic and Ionio.

Experience the essence of Puglia through its authentic, seafood-focused cuisine, a perfect complement to your retreat.





## THEROOMS

# Stay at Palazzetto Giravolta

Your retreat home, Palazzetto Giravolta, is a lovingly restored historic residence in the heart of Puglia. Combining traditional charm with modern comfort, this elegant accommodation offers serene spaces to relax, unwind, and connect. Enjoy beautifully designed rooms, a tranquil courtyard, and breathtaking views of the surrounding landscape, all while immersed in authentic Apulian style.

Every detail at Palazzetto Giravolta has been crafted to create a perfect sanctuary for your yoga and holiday retreat.





## A typical day

- 07:00 AM - WAKE + HOT WATER WITH LEMON, GINGER & HONEY + COFFEE / TEA
- 07:30 AM - 90MIN STRONG & SLOW VINYASA FLOW
- 09:00 AM - BREAKFAST
- 10:30 AM - 05:00 PM  
EXCURSION / ACTIVITIES (3-4 DAYS OUT OF 6)  
TIME TO RELAX, EXPLORE THE LOCAL SHOPS,  
MASSAGE/ENJOY THE JACUZZI ON THE ROOF  
TERRACE
- 6:00 PM - 90MIN YIN/RESTORATIVE & MEDITATION
- 8 PM - DINNER AND SOCIAL





## Dates

- 14.06.2025 – 18.06.2025
- Arrival anytime on 14.06.2025
- Departure anytime on 18.06.2025

## Pricing

- Shared Supreme Twin £1,350pp/€1,520
- Shared Twin: £1,250pp/€1,420
- Shared Double: £1,200pp/€1,350
- Single £1,750pp/€1,950

Send your enquiries to [contact@robertobitetto.com](mailto:contact@robertobitetto.com)

