

La Dolce Vita Yoga Escape



Hello beautiful people

This is a dream come true, and i'm truly honoured to finally open the doors of my beautiful Puglia directly to you all. I have been wondering for years where do I see myself hosting a retreat or perhaps going to a retreat. As many yogis, I needed to find what inspired me when practising yoga. Somehow I thought that a yoga retreat needed to be somewhere isolated, with super clean food and no drinking, because I believed that was what yogis would be looking for.

I can't believe I was looking in the wrong direction, and I wasn't listening to my guts. That's why today I'm hosting my very first yoga retreat in my home region, Puglia, in the beautiful barroccan town of Lecce



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Your experience starts
here

Yoga everywhere

Yoga is my passion, and so is strength, and pilates, and that's why I define my classes as "Aligned". You will get so much out of my classes; at end of this retreat, you will have accumulated the experience, tools, and memories to apply and nurture in the future.





Typical Puglian meals

You will taste the traditional Puglian food cooked by a local cook. Brunch and dinner will be served on the gorgeous al fresco terrace. And you won't feel guilty for indulging local, clean and tasteful recipes that will delight your palate

The Accommodation

Palazzetto Giravolta is a charming townhouse on three floors in the heart of the historical centre of Lecce. It is also much more than just a venue, it is my and my partner's Italian home, where I am so excited to welcome you.

The Palazzetto has comfortable rooms, each with en-suite bathroom, a spacious lounge area, inviting kitchen and an amazing terrace with jacuzzi where you can enjoy stunning views over Lecce and let your day be guided by the sound of the church bells



@reallygreatsite

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A typical day

- 07:00 AM - Wake + hot water with lemon + coffee / tea
- 07:45 AM - Power Vinyasa Flow
- 10:00 AM - Brunch
- 11:30 AM – 05:00 PM
 - Excursion / Activities (2-3 days out of 5)
 - Time to relax, explore the local shops, sunbathe/enjoy the jacuzzi on the roof terrace
- 6:00 PM - Yin & Meditation
- 7:30 PM - Aperitivo
- 8:30 PM – Dinner & Social





What's included

- *6 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*



What's not included

- *Flights and transfers*
- *Travel insurance*
- *One meal out together in Lecce or a nearby town*
- *Train/transport fare for organised excursions*
- *Other activities, e.g. cooking lessons, wine tasting, beach club etc*

Dates / Prices

DATES:

- 29.09.2022 – 03.10.2022
- Arrival from 4 pm on 28.09.2022
- Departure by 12 pm on 04.10.2022

PRICES:

- Shared Twin (or double if preferred): £1,350 pp
- Shared Triple: £1,150 pp
- Single: £1,650 pp

10% Discount for bookings before 31.07.2022

Send your enquiries to
contact@wellbeingwithroberto.com



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The purpose of life is to live it, to taste experiences to the utmost, to reach out eagerly and without fear for newer and richer experiences.

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