

# La Dolce Vita Yoga Escape







WELCOME

## Hello beautiful people

I can't believe this is happening again, and I'm truly grateful to open the doors of my beautiful Puglia home for the second time to you all. Last year's retreat was a great success, this year we are taking it to the next level.

La Dolce Vita Yoga Escape is an intimate retreat at the gorgeous Palazzetto Giravolta in the old town of Lecce. It combines the best yoga practice with the best of what Puglia has to offer: delicious food, great activities and wonderful sightseeing.

The real "Dolce Vita" experience!





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.







## THE FOOD

# 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 ROOMS

# 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





# A typical day

07:00 AM - WAKE + HOT WATER WITH LEMON + COFFEE / TEA

07:45 AM - 75MIN 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 - 75MIN YIN/RESTORATIVE & 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

- 27.04.2023 – 01.05.2023
- Arrival from 4 pm on 26.04.2023
- Departure by 12 pm on 02.05.2022

## Pricing

- Shared Supreme Twin : £1,450 pp
- Shared Twin: £1,350 pp
- Shared Double: £1,250
- Shared Triple: £950 pp
- Single £1,750 pp

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





“

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.

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

27.04.2023 – 01.05.2023