

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 (3-4 DAYS OUT OF 6)
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

- 7 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
- Wine tasting



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, beach club etc

Dates

- 06.09.2023 – 11.09.2023
- Arrival anytime on 05.09.2023
- Departure anytime on 12.06.2023

Pricing

- Shared Supreme Twin : €1,500pp
- Shared Twin: €1,400pp
- Shared Double: €1,350pp
- Shared Twin Male €1,400pp
- Single £1,950pp

Send your enquiries to contact@robertobitetto.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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