

A close-up, high-angle shot of a sandy beach. The sand is a mix of light and dark brown tones, with numerous small, dark footprints and shadows scattered across the surface. The lighting is bright, creating sharp shadows. The text "Reset - Rewind - Explore" is centered in the upper half of the image in a white, serif font.

Reset - Rewind - Explore

“La DolceVita Yoga Escape in Lecce, Puglia





WELCOME

## Hello beautiful people

Welcome to this unique yoga retreat in the beautiful region of Puglia . The month of May is when I personally start to travel again and when I take a moment to revisit my new year's goals. In order to do this, I truly need to be in a place of grounding, where my mind, body and heart can be united, just as yoga teaches us. This five days yoga retreat will blow your mind away, because it will help you achieve this unity.

Reset - Rewind - Explore is an intimate retreat for max eight guests, 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 plant-based and vegetarian food, great activities and wonderful sightseeing.

TAKE A DEEP BREATH!





# Your journey starts here

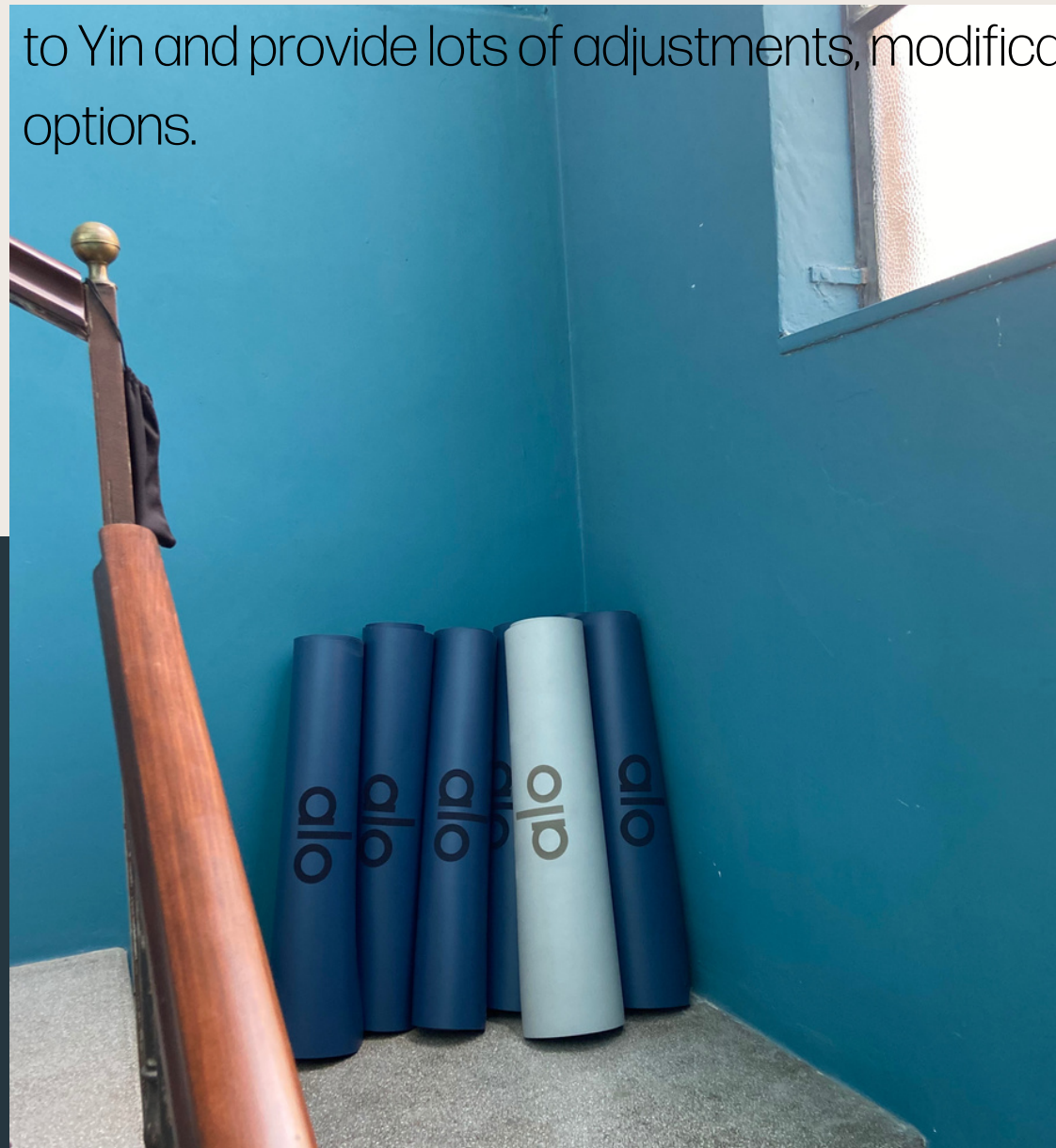
Reset - Rewind - Explore  
May 3rd - 7th, 2024



# Let's yoga first

With 700 hours of qualifications and thousands of classes thought between London and Dublin, yoga has become my full time occupation and my life. I define my classes as "Aligned". You will discover the whole meaning behind this word during the retreat, how to be in the moment, let go of the past and take it all in.

Whether you are new to yoga or an advanced practitioner, the daily classes (2 x 90min) will cater to all levels, range from Yang to Yin and provide lots of adjustments, modifications and options.







## THE FOOD

# Healthy Apulian meals

You will taste the seasonal vegetables, pasta, grains and fruits with an Apulian touch lovingly prepared by a local food expert.

Breakfast and dinner will be served on the gorgeous al fresco terrace. And you won't feel guilty for indulging in clean and tasteful food that makes you feel good. Our food expert makes the plant-based and vegetarian recipes fun, creative and packed with nutrients.





## 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

7:00 AM - WAKE-UP + HOT WATER WITH LIME. HONEY AND GINGER + COFFEE / TEA

7:30 AM - 90MIN VINYASA/DYNAMIC FLOW

9:00 AM - NOURISHING BREAKFAST

11:00 AM - 04:00 PM

EXCURSION / ACTIVITIES (3 DAYS OUT OF 5)

TIME TO RELAX, EXPLORE LECCE, ENJOY THE EARLY MAY SUN

4:00PM - FRESH JUICE OR SMOOTHY

5:00 PM - 45MIN REFORMER PILATES ON THE MAT

7:30 PM - 90MIN YIN/RESTORATIVE & MEDITATION

9:00 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 Apulian plant-based / vegetarian 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, bike rides and walks in Salento





## What's not included

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



## Dates

- 03.05.2024 – 07.05.2024
- Arrival any time on 02.05.2024
- Departure any time on 08.05.2024

## Pricing

- Shared Supreme Twin : €1,450pp
- Shared Twin: €1,350pp
- Shared Double: €1,250pp
- Single €1,850pp

Send your enquiries to [contact@robertobitetto.com](mailto: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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03.05.2023 – 07.05.2023