

# La Dolce Vita Yoga Escape







WELCOME

## Hello beautiful people

I'm pleased to welcome you and the summer where my heart and soul are harmoniously connected, truly grateful to open the doors of my beautiful home, Puglia. 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!





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Your grand adventure begins at this  
very moment!

June 19th - 24th, 2024

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# 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.





THEFOOD

# 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.





THEROOMS

## 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 - 90MIN STRONG & SLOW 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 - 90MIN 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



## Dates

- 19.06..2024 – 24..06..2026
- Arrival anytime on 18.06.2024
- Departure anytime on 24.06.2024

## Pricing

- Shared Supreme Twin £1,350pp/€1,520
- Shared Twin: £1,250pp/€1,420
- Shared Double: £1,200pp/€1,350
- Shared Triplet: £1,150pp/€1,300
- Single £1,750pp/€1,950

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

