

A photograph of a rooftop terrace. On the left, a concrete staircase with a rust-colored metal railing leads up. The terrace floor is paved with light-colored tiles. In the center, there is a dark blue door set into a light-colored, textured wall. The terrace is decorated with several potted plants, including tall cacti and leafy green plants in grey pots. Two lounge chairs with light blue cushions and red pillows are positioned on the terrace. A small, dark, cylindrical table sits between the chairs. The sky is a clear, bright blue. The text "La Dolce Vita Yoga Escape" is overlaid in a white, serif font in the upper center of the image.

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!



Your grand adventure begins at this
very moment!

September 18th - 23rd, 2024

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.

We are adding more vegan options.



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
- Boat Trip to explore some of the gorgeous caves of 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, beach club

Dates

- 18.09.2024 - 23.09.2024
- Arrival anytime on 17.09.2024
- Departure anytime on 23.09.2024

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



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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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