



four elements
challenge, explore, discover

It's all about the balance....

YOGA HIKE DINE RELAX

Join us for a magical Yoga Retreat
in the Umbrian Hills!

7 nights in 4* resort in former abbey
Daily yoga, hiking & mindfulness
Local Vineyard visit
Fun cooking lesson
Optional day tours & more...

SPECIAL OFFER VALID ON BOOKINGS UNTIL 15 JANUARY 2020

Location:

Our home for the week is a spectacular 4* hotel resort (a former Monastery) on its own property located in the tranquil Umbrian countryside. As such there is no access to shops or amenities within walking distance. The purpose is to allow you to really switch off and unplug.



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www.abbaziacollemedio.it

Travel:

Nearest airport - Rome

Group transfer from Rome Ciampino Airport is included. Details will be sent soon after booking, so that you can book flights accordingly.

Food:

The menu is the very best of Umbrian cuisine made with locally sourced produce by the talented chefs on site. The Umbrian way is not typically vegan or vegetarian and is largely pasta based - dietary requirements can be catered for on request but please state this upon booking as your deposit is non-refundable.



EMAIL FOR MORE INFO