

# YOGA & ART RETREAT

April 27 - May 3, 2025

LA DOGANA IN TUORO SUL TRASIMENO | ITALY



# IL DOLCE FAR NIENTE

*The sweetness of doing nothing*

With technology ruling our lives and pulling our attention away from the beauty around us, embrace the pleasure of being idle.





# 7 DAYS + 6 NIGHTS

## LA DOGANA

...a beautiful 100 acre olive grove estate





## DAILY YOGA + ART

Take what you need and leave what you don't.

*All props, supplies & materials provided.*



## *Your Retreat Package Includes:*

- || 6 Homemade Breakfasts
- || 4 Lunches at the Venue
- || 6 Dinners
- || 6 Nights Lodging in an Italian Country House
- || 1- 2 Daily Yoga Classes
- || Daily Art Prompts & Exercises with Instruction  
*(Freedom of Expression is Encouraged)*
- || 2 Town Tours with Private Guide
- || 1 Vineyard Trip & Wine Tasting w/ Light Lunch
- || 1 Italian Cooking Class
- || 1 Trip to CASTELLO DI MONTEGIOVE w/ Castle Tour, Wine Tasting & Light Lunch
- || Airport Transportation to and from Florence

**COST: \$2625**

Deposit: \$500



## *What's NOT Included:*

- || Airfare
- || Additional Excursions or Treatments
- || Additional Alcohol (Wine Tastings ARE Included)

*“Within the ancient walls of this castle, echoes of history whisper, as each stone tells a story of courage, love, and the enduring spirit of those who came before us.”*

CASTELLO DI MONTEGIOVE

