

## Yoga & Wellbeing Retreat in Puglia, Italy March 31 to April 7, 2012

### Accommodations & Retreat Perks

Sara's Yoga & Wellbeing Retreat offers you everything you need to enjoy a relaxing, rejuvenating, unforgettable vacation:



- 7 nights lodging at the beautiful Trullo Solari in Puglia, Italy, which we will have all to ourselves!



- Daily all-level yoga classes and meditation sessions (yoga mats and blankets provided) on the rooftop deck or by the pool, plus additional mini-workshops on back-care, empowerment, healthy eating—as a retreat participant, you get to vote for the topics Sara covers.
- Organic, healthy breakfast, lunch, and dinner 6 days—

including a “make your own pizza” dinner using the trullo’s authentic outdoor pizza oven, and the opportunity to help the chef make fresh pasta *orecchiette*—a Puglian specialty! Plus you’ll be welcomed with homemade dinner upon arrival on March 31<sup>st</sup> and enjoy a tasty breakfast before your departure on the morning of April 7.

- Local wines will be available at every meal at the trullo. This is Italy, after all—not an ashram!



- Round-trip ground transportation in a comfortable private vehicle to/from Brindisi airport with an English-speaking driver. (*You purchase flights, but Sara can help.*)
- A day-trip to the coast and Torre Guaceto and the lovely white city of Ostuni, where we'll experience a Slow Food meal at Osteria del Tempo Perso—the restaurant “of lost time.” All transportation and food will be provided (wine extra).



- Free wifi at the trullo so you can blog about your incredible experience, post photos of yourself glowing with joy and ease (the Italian countryside has that effect), or cancel your flight home. Trust me, you'll want to stay.
- Laundry (should the need arise).

Plus you'll have the opportunity to:

- Check out from your daily grind—no phone calls, no traffic, no alarm clocks, no pressure. Just you and the freedom to choose: Do I do yoga today with these fine people, or just stare up at this lovely blue sky and do nothing?
- Engage Sara for personal 1-on-1 yoga, back-care, wellness coaching, and even mini Italian sessions, right there at the trullo (additional fee).
- Indulge in a lovely full-body massage from a local specialist who'll come to the trullo just for you (additional fee).



- Take home organic extra-virgin olive oil made from olives grown on the trullo property (priced individually).



- Wander the 5-acre property, immersing yourself in tranquility and beauty.
- Jump on the newly installed trampoline—who doesn't need some good old-fashioned fun now and then?!
- Take the train to local historic towns, including “trullo town” Alberobello and lovely Baroque Lecce.
- Fly home to the U.S. just in time for your traditional Easter celebrations, or stay on in Italy a couple of days and be wowed by the incredible holiday festivities in this extremely diverse region of Italy.

## **Your Happiness Investment\***

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### Double Occupancy Rate:

\$1,525 per person all-inclusive, in a two-person/two-bed room with private bath

### Single Occupancy Rate:

\$1,975 all-inclusive, private room with private bath

\* Prices reflect payments made with a cashier's check made out to Sara Hauber. *Please add 5% to each price if you pay via bank transfer or credit card with PayPal.*

\* You are responsible for your own airfare to and from Italy. (Sara offers insider tips to all registered guests, or she is available to book your flights for an additional fee if you prefer).