

# YOGA & COOKERY RETREAT

4 night/5 day FULLY INCLUSIVE retreat

## Day 1

Transfers & arrival, introduction to accommodation, site map & free time

Welcome aperitivo & Mediterranean plant-forward dinner

## Day 2

Morning yoga & meditation

Wild/cold water swimming

Self-serve buffet breakfast

Afternoon guided hike with picnic/BBQ lunch

Evening transformative yoga

South Indian vegan banquet

## Day 3

Morning Iyengar yoga & meditation

Self-serve buffet breakfast

Plant-forward cookery class

Lunch

Afternoon cold water swimming

Restorative Iyengar yoga

Traditional Ligurian dinner at local Osteria

## Day 4

Wild/cold water swimming

Morning Iyengar yoga & meditation

A la carte Sunday brunch

Free time / Guided walking

Restorative evening yoga

South East Asian vegan banquet

## Day 5

Self-practice meditation & yoga / breakfast / transfers on request