

YOGA & COOKERY CLASSES RETREAT

5 day / 4 night FULLY INCLUSIVE retreat

Day 1

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

Welcome aperitivo & Mediterranean plant-forward dinner

Day 2

Morning energising yoga, breathwork & meditation

Self-serve fresh & cooked breakfast

Afternoon guided hike with light picnic/BBQ lunch

or Free Time / Wild swimming

Evening transformative yoga

Indian vegan banquet

Day 3

Morning energising yoga, breathwork & meditation

Self-serve fresh & cooked breakfast

Plant-forward cookery class with Light Lunch / snack

Afternoon cold water swimming / or Free Time

Restorative evening yoga

Traditional Ligurian dinner at local Osteria

Day 4

Morning energising yoga, breathwork & meditation

A la carte Sunday brunch

Free Time

Or Wild/cold water swimming / Light snack

Restorative evening yoga

South East Asian vegan banquet

Day 5

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