

WINTER RESET RETREAT PRICE LIST

(Introductory Rate Only)

INCLUSIVE RETREAT COSTS by Room Type

- Double or twin bedroom in shared villa €590 / €790 (sole occupancy)
- Double bedroom self-contained rustico apartment €690 / €950 (sole occ.)
- Two bedroom self-contained villa apartment (price on enquiry)

Villa rooms include shared bathrooms, kitchen & extensive terraces with daily cleaning. Self-contained apartments include private bathroom, kitchen and terraces with daily cleaning.

Price includes accommodation, breakfast, lunch and dinner. Twice daily taught Iyengar yoga classes, led-meditation and two biodynamic breathwork sessions/ceremonies, daily cold water bathing and guided hike. Price does not include flights, transfers or extra nights.

FLIGHTS & TRANSFERS

- Flights available to Genoa or Nice Airport – Easyjet, Ryanair and Vueling from Manchester, London Stansted or Gatwick (& others). Approximate return costs inc. luggage £100. Self-booking required.
- Transfers available on request
 - From Nice or Genoa Airports €60, min. 2 persons
 - From Imperia train station €25, min. 2 persons
- Car hire available at all airports
- On site free parking available.