

YOGA & FOOD RETREAT PRICE LIST

Our pricing packages listed below are based on sole occupancy for each accommodation type (except two bedroom apartment). There is a 5% discount for group bookings of 2 people or more, in separate rooms. There is an additional discount of 10% for people who wish to share a double or twin room (therefore shared rooms are 15% less than sole occupancy rooms – prices shown in brackets below).

INCLUSIVE RETREAT COSTS by Room Type

- Meadowland luxury bell tent €820 (€697 shared occupancy)
- Meadowland luxury Roman-style cabin tent €860 (€731 shared occupancy)
- Double or twin bedroom villa room €900 (€765 shared occupancy)
- One bed self-contained 'rustico' apartment €1020 (€867 shared occupancy)
- Two bedroom self-contained villa apartment (price on enquiry)

Villa rooms (twin or doubles) include shared bathrooms (2 modern bathrooms between 4 people), kitchen & extensive terraces. There is also access to a small swimming pool for villa room guests.

Self-contained apartments include private ensuite bathroom, kitchen and terraces.

Luxury camping tents include private decking terrace, shared meadowland kitchen, shared meadowland eco toilet and shower, and shared camping shower/toilet block.

All room types and shared spaces are cleaned on daily basis.

For the Yoga and Food Retreat, price includes accommodation, breakfast, lunch and dinner. Twice daily taught Iyengar yoga classes, led-meditation and plant-forward cookery classes, 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 (subject to availability)
 - From Nice or Genoa Airports €65, min. 2 persons
 - From Imperia train station €20, min. 2 persons
- Car hire available at all airports
- On site free parking available