

# YOGA, BREATHWORK & MINDFULNESS RETREAT

5 day / 4 night FULLY INCLUSIVE retreat

## Weds - Day 1

Transfers & arrival, introduction to accommodation, site map & free time  
Welcome aperitivo & Mediterranean plant-forward dinner

## Thurs - Day 2

Morning energising yoga & meditation  
Wild/cold water swimming  
Buffet Breakfast  
Afternoon mindfulness session or guided hike with picnic/BBQ lunch  
Evening restorative yoga  
South Indian vegan banquet

## Fri - Day 3

Morning energising Iyengar yoga & meditation  
Buffet Breakfast  
Forest-based breathwork session  
Picnic Lunch  
Afternoon cold water swimming  
Evening restorative yoga  
Traditional Ligurian dinner at local Osteria

## Sat - Day 4

Wild/cold water swimming  
Morning energising Iyengar yoga & meditation  
A la carte Sunday brunch  
Forest based breathwork session or Free Time  
Afternoon tea  
Evening restorative yoga  
South East Asian vegan banquet

## Sun - Day 5

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