

YOGISLAND – Yoga retreat in Sardinia



F.A. TRAVEL
DESTINATION MANAGEMENT COMPANY DMC

The Location

Surrounded by 180 hectares of unspoilt countryside, Tenuta Pilastru Agriturismo is located in “Gallura”, in the north-east coast of Sardinia. Tenuta Pilastru was a typical farmhouse of the region, lovingly restored to become a charming and comfortable agriturismo destination. All rooms have a view overlooking the countryside and are fully equipped with air conditioning, satellite TV, minibar fridge, hairdryer, shower and/or bathtub.

The Restaurant menu is based on Gallura culinary tradition and prepared with fresh ingredients such as locally produced meat, pasta, and wine. The menu can be adapted to meet vegetarian, vegan and other dietary needs .

Facilities: Swimming pool, Solarium, Wellness Centre & SPA.

The Teacher

Adrian Tribble teaches classes across London suitable, accessible and challenging for all students whatever their ability and experience.

His classes respectfully combine and blend aspects from many different schools and styles of yoga. They follow a Vinyasa Krama approach, progressing from simple to more complicated poses; where breath, movement and mind become one.

Adrian's practice will challenge the body, engage the mind and quicken the spirit. He brings warmth, compassion and a sense of fun to all his teaching



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Dates

10 - 13 June 2015

16 - 19 September 2015

Quotes

Minimum number of participants	Price per person in Double room	Price per person in Double room single use
10	€ 1.010,00/£750,00	€ 1.055,00/£783,00
15	€ 890,00/£660,00	€ 935,00/£694,00
20	€ 825,00/£612,00	€ 870,00/£645,00

Price per person. It includes: Return flight with British Airways; accommodation in double or single room; breakfast and dinner (water, wine, coffee included); Collective In & Out transfer; 2 yoga sessions per day; rental of meeting room for Yoga classes; Yoga equipment.

Excursions (not included in the package) on request: Return transfer to the beach, Horse back riding, Porto Cervo & Porto Rotondo Tour, Wine tasting, Nuragic archaeological sites.

For information and reservations please contact :
sardinia@sardinialovers.com Tel: +39.070.8943272

Yoga Retreat Schedule

Wednesday

08:10 - Departure from London Heathrow with direct flight 11:35
Arrival at Olbia Airport and transfer to Tenuta
12:30 - Check in and free time to explore the property
Free time for lunch (available at Tenuta Pilastru - not included)
16:30 Introductions and weekend overview
17:00 / 18:15 - All together Yoga session with Adrian
19:30 - Dinner

Thursday

08:00 / 9:15 - All together Yoga session with Adrian
09:15 / 10:30 - Breakfast
Free time for excursions or SPA
Free lunch (available at Tenuta Pilastru - not included)
17:00 / 18:15 - All together Yoga session with Adrian
19:30 - Dinner

Friday

08:00 / 9:15 - All together Yoga session with Adrian
09:15 / 10:30 - Breakfast
Free time for excursions or SPA
Free lunch (available at Tenuta Pilastru - not included)
17:00 / 18:15 - All together Yoga session with Adrian
19:30 - Dinner

Saturday

08:00 / 9:15 - All together Yoga session with Adrian
09:15 / 10:30 - Breakfast
Free time for excursions or SPA
Free lunch (available at Tenuta Pilastru - not included)
16:30 - Transfer to Olbia Costa Smeralda airport.
17:00 - Check in and departure at 19:35 for London Heathrow with direct flight BA 609. Arrival in London at 21:15.