



Hatha Yoga with Suzanna Brander Calabria, Italy



May 11th - 18th 2024

***Special price: share £715 / single £845**

This is a hotel with 47 acres of organic land and has its own vineyard, golf course and farm. All vegetables are grown on the farm, olive oil is from their own trees, wine is from their own vineyards and jam is home made. An eco venue it produces about 75% of the organic food served at the hotel.

It manages to combine a formal feel with a lot of fun and feels like you have been dropped into an Agatha Christie movie!

There is a swimming pool at hotel level with great ocean views. The small private beach is reached by a 92 metre high private lift that almost takes you to sea level. Here terraces have been built for sunbathing and a bar.

There are two yoga shalas. A large outdoor circular shala plus a second indoor yoga room for the exclusive use of the students. A kettle plus herb teas are kept here so you can make hot drinks before classes, or when relaxing.

The yoga group are housed together in two rows of rooms. The upper row have a terrace and the lower row have small patios and overlook a private wooded area. All rooms are en-suite.

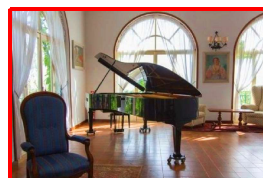
Includes: Accommodation, half board, yoga, full access to the hotel facilities.

Not included: Flights, lunch, travel insurance, transfers, access to golf (20 euros p/d), all drinks and treatments.

Travel: Fly to Naples (or to Lamezia, mainly from Stansted only).

Please note that this venue is not suited to those with mobility issues as there are many steps

****Special price applies to Suzanna's regular students only - Free Spirit website price is higher.***



To reserve your place, or for more information, please contact the Free Spirit Travel office:-
01273-564230 email: info@freespiritryoga.co.uk www.freespiritryoga.co.uk