

BREATHE...

Nature

Relax...

27 MAY-01 JUNE : 24 JUNE-29 JUNE : 09 SEPT-14 SEPT

A journey of relaxation, wellness and adventure in the heart of
the Italian Alps!

Alpine Yoga

RETREAT



- 6 days/5 nights Half Board 3*Hotel
- Transfers to and from Macugnaga
- Welcome Aperitivo
- Daily Yoga Sessions for all levels
- 3 Typical Italian Lunches
- 3 Guided walks in the local area
- Wellness & Spa Afternoon

FOR FURTHER INFO VISIT MONTEROSAHOLIDAYS.COM

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ITINERARY (what's included?) - 6 days / 5 nights

(Please note - Times & days may be subject to change mainly due to weather conditions)

Day One

- 14.00 - Arrival and check in at Hotel Flora
- 18.00 - Welcome Aperitivo at Hotel Flora
- 19.30 - Dinner

Day Two

- 07.30/08.30 - Breakfast
- 09.00/10.00 - Yoga
- 10.45 - Guided Walk around Macugnaga
- 13.00 - Lunch at Restaurant Scarteboden
- 15.00/16.00 - Yoga (outdoors weather permitting)
- 19.30 - Dinner

Day Three

- 07.30/08.30 - Breakfast
- 09.00/10.00 - Yoga
- 10.45 - Guided walk to Lago delle Fate
- 13.00 - Lunch at Lago delle Fate
- 15.00/16.00 - Yoga (outdoors weather permitting)
- 19.30 - Dinner

Day Four

- 07.30/08.30 - Breakfast
- 09.00/10.00 - Yoga
- 10.00 - Free Time in Macugnaga
- 13.30/16.30 - Wellness & Spa, Macugnaga
- 17.30/18.30 - Yoga
- 19.30 - Dinner

Day Five

- 07.30/08.30 - Breakfast
- 09.00/10.00 - Yoga
- 10.45 - Guided Walk to Burki/Belvedere
- 13.00 - Lunch at Restaurant Paradiso
- 15.00/16.00 - Yoga (outdoors weather permitting)
- 19.30 - Dinner



Day Six

- 07.30/08.30 - Breakfast
- 09.00/10.00 - Yoga
- 11.00 - Checkout
- TBA - Transfers to Malpensa Airport

Optional Extras

Wine Tasting

Horsriding

List of Essentials for Retreat

- Swimming Costume & Flip flops/slippers (Wellness & Spa)
- Waterproof jacket & warmth layer
- Walking boots/trainers
- Suntan lotion, Sunglasses & hat
- Comfortable clothes (yoga)

Not Included

Return flights to Italy

1 x lunch

YOGA SESSIONS

The yoga sessions will be a mix of Hatha, Yin, Restorative & Pranayama. You are welcome to bring your own Yoga mat however mats, blocks, cushions and blankets will be provided.

Cost per person based on 2 persons sharing - €1099.00pp

(single room supplement - €240pp)

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WHO WE ARE....

Katharine & Rachel, are both British and have lived in Macugnaga for at least 15 years. Both with successful local businesses, ('Macugnayoga' and 'Monterosa Holidays Ltd') they have come together to offer a unique experience in the rustic alpine village of Macugnaga, nestled at the foot the Monterosa mountain range in the heart of the Italian Alps.

Rachel will be leading the Yoga sessions as an experienced and certified Instructor with Yoga Alliance.

Katharine will be organising the logistics and in charge of hospitality.

Both will be accompanying the group on the guided walks/lunches and will be available at all times during your stay.

AIRPORT TRANSFERS

Airport Transfers are included and will be organised to and from Milan Malpensa Airport. Transfer time is approx 1.30hrs
There will be 2 Transfers on arrival and departure day, these will be at 12.00 and 18.00

BOOKING CONDITIONS

Please refer to the 'Monterosa Holidays' website for terms and conditions

GROUP NUMBERS/BOOKING CONFIRMATION

All retreats require a minimum of 6 and a maximum of 8 attendees.
The Retreat will be confirmed at least one month before the arrival date, at which point payment will be required in full.

HOW TO BOOK

For any additional info or to book please contact us via email -

info@monterosaholidays.com
rachelmaguire71@hotmail.com