



*Authentic Italian Experiences*

## YOGA & HEALTHY FOOD IN APULIA , 26 April - 2<sup>nd</sup> May 2018, 6 nights

**Guests: max 12, sharing double rooms**

Enjoy the peace, genuine atmosphere and amazing cuisine. An unforgettable yoga holiday in Apulia! This Yoga retreat is set in the heart of Apulia, just few km from the white city of Ostuni, surrounded by the Trulli and hills of the Itria Valley.

Your holiday will be in a *designer white stone Masseria*, perched on a ridge overlooking the sea. The Masseria is not only strikingly designed, but it's located

in an organic olive grove near the picturesque town of Ostuni. The owners are extraordinarily professional and welcoming and you will be treated like a guest in a friend's home.

*The Masseria* offers luxurious accommodation, each room has private bathroom with shower, air conditioning and heating, large private outdoor spaces, some of them with a private garden and others with private terraces overlooking the countryside .



Several large living areas, private swimming pool, has open areas both indoors and outdoors to relax, mingle, read and offers the best experience of the Apulian countryside.



This superb location is enhanced with exceptional, healthy cuisine using fresh local ingredients from area markets along with fresh baked breads. And all of this is combined with good company and the best Apulia has to offer.

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*You will practice Yoga*, with an expert teacher with many years of personal and professional practice, either outdoors surrounded by the olive groves or indoors in the large hall whose glass walls open on to the garden, to relax, restore and revive your vitality.



Classes are suitable for everyone, for all levels from complete beginners to advanced yogis.

During your stay in this magical place, you will have 2 hours of Yoga practice in the morning, 2 organic cooking classes, delicious food and several guided excursions to discover the many treasures that Apulia has to offer.

*Cooking classes* will take place in a private 1600's Masseria in Conversano and are led by two professional chefs with a special focus about Organic food and Organic cuisine and you will prepare authentic Apulian dishes that we will then enjoy al fresco in the courtyard of the Masseria. A unique opportunity to experience also the warm hospitality of Southern Italy.

*Our assistant* will be at your disposal for the whole week and will be happy to share with you all about Apulia lifestyle, culture, traditions and of course... the excellent food, extra virgin olive oil and wine!

## The Program

### 26 April Arrival



Arrival at Bari Airport and meet our English speaking tour leader who will be with you for the whole trip. Then private transfer by minibus with English speaking driver to your accommodation. Dinner and overnight to the Masseria.

### 27 April Ostuni & Cooking class

In the early morning, after a light breakfast, enjoy your first Yoga class followed by the breakfast. Then we will drive then to the ancient town of Ostuni, which dates back to 600 BC and it is certainly one of the most beautiful cities in Apulia. It is situated on the largest Murge (the hills of Apulia) offering stunning views of the countryside and the Adriatic that alone make the trip worthwhile. The white-washed houses have been painted for centuries with lime giving the town its nickname, "The White City." We will visit the Gothic cathedral, which stands proudly as the

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city's highest point flaunting its symmetrical façade and rose window. We will walk the ancient city walls for wonderful vistas of olive groves and the Adriatic Sea. Lunch on your own and time at leisure.

In the late afternoon we will drive to Conversano, where we will have our first, hands on cooking lesson. The cuisine of Apulia has been referred to as the ultimate in home cooking, we will prepare authentic Apulian dishes that we will then enjoy al fresco in the courtyard of the farm.

Overnight at the Masseria.



### **28 April Matera**

In the early morning, after a light breakfast, enjoy your first Yoga class followed by the breakfast. Then we will travel to the picturesque city of Matera in the Basilicata region where we will meet our local guide. Matera is a remote and timeless corner of Italy, now regenerated that remains one of the Europe's hidden gems. The old Matera called "I Sassi" is a maze of caves, churches — some dating back to Roman times — zigzagging steps and stone facades carved from a massive slope of yellowed tufa. This unique town of stone houses, a group of renowned cave buildings set in the Gravina Valley is a Unesco World Heritage Site. The city's unique landscape is characterized by a series of caves excavated into the rocks, created as homes where peasants once lived with their animals. Lunch on our own and time at leisure.

Transfer back to the Masseria for dinner and overnight.

### **29 April Alberobello & Cooking Classes**

In the early morning, after a light breakfast, enjoy your first Yoga class followed by the breakfast.

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Today we will drive to Alberobello, where nearly 1,000 trulli dwellings cluster the cobblestone streets. A UNESCO world heritage site since 1996, Alberobello is a picturesque architectural gem. We will enjoy a walking tour of the neighborhoods of Aia Piccola and Rione Monti where we will find some of the oldest dwellings, still preserving the original features of construction.

The trulli are white dry-stone houses with conical roofs made of lapidary stones. Inside, the trulli have a square central room adjoining the other rooms of the house via arches.



These dwellings are found only in the southern region of Apulia and were built using prehistoric building techniques still employed today. Lunch on our own.

After our visit we will reach the Masseria in Conversano for our second cooking lesson and we will enjoy our dishes al fresco in the courtyard of the Masseria.

### **30 April Polignano a Mare & Mozzarella Cheese Factory**

In the early morning, after a light breakfast, enjoy your first Yoga class followed by the breakfast.

We will first drive to Putignano where we will visit a cheese factory which produces some of the best cheeses of Apulia. We will learn how mozzarella is made, then we will have a tasting of some different special cheeses. Lunch on your own.

Then we will drive to the coast to Polignano a Mare.

Located on the coast between Bari and Brindisi, Polignano a Mare is a terrace overlooking the rocks. We will have time to investigate intriguing areas of the sun-washed southern village, enjoy a walk through the lively historic center, and our tour leader will be glad to suggest us some special places, art galleries, artisan workshops to visit in Polignano.



Dinner will be in one of the best restaurants in Polignano, which features a private terrace overlooking the rocks. Transfer back to Masseria.

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## May 1<sup>st</sup> Lecce & Otranto



Today we will drive to the Salento (Southern Apulia). The Salento area is a land rich in history and tradition and renowned for its natural and architectural beauty, its hospitality, its magical atmosphere, its delicious regional food, its warm sun, its crystalline sea and its dreamlike coast.

Salento was a land of conquest with the Romans, Greeks, the Byzantines and the Barbarian pirates, the Spaniards, the Turks, all having had dominance over the area and each having left their mark. The area is considered

part of Magna Grecia, the region of Southern Italy that includes Apulia, Campania and Sicily where you will find magnificent examples of Greek art and architecture. The area is also rich in Lecce Baroque masterpieces.

Far off the beaten track for most of Italy's art-loving visitors, Lecce sits on the southeast tip of Italy's boot, waiting to demonstrate its little-known magnificence. Today we will meet our private guide in Lecce, also known as the "The Florence of the South," for a walking tour of the historic center. We will see Lecce's florid baroque architecture, carved from honey-colored stone by 17th-century architects. The Lecce baroque style—more fanciful than typical baroque flourishes—is composed of voluptuous caryatids, lyrical scrolls and whimsical garlands, fruit and crests. It is an unparalleled treat for the eyes.




We will meet our private guide in Lecce for a private walking tour that will let us discover the many marvels of Lecce. Lunch on our own. After lunch we will drive to the historically rich town of Otranto. You will marvel at centuries – old olive groves, rich red – colored fields, and the many small Baroque villages so rich in art treasures.

Otranto, also called "The Door to the Orient," is an ancient maritime city that sits on the eastern most point of Italy. Of Greek origin, and an important embarkation point to the



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East during Roman rule, Otranto offers its visitors interesting sites like the Cathedral, considered the largest church in Apulia and opened to prayer in 1088. There we see one of the best preserved Christian-Byzantine floor mosaics in Italy. Otranto is also home to the Aragonese castle with its towers, bastions and fortified walls.

Dinner and overnight at the Masseria.

### **May 2<sup>nd</sup> Departure**

Transfer to Bari airport.

**Price per person sharing double room € 2970**



**Price per person in single room € 4040**

### **Included:**

- 6 nights at the Masseria, breakfast and dinner included
- 4 Yoga classes led by an expert Yoga teacher
- 2 Cooking classes in a Masseria followed by dinner
- 1 dinner in Polignano
- 3 dinners at the Masseria
- 1 Mozzarella cheese factory visit and tasting of local cheeses.
- All transfers and excursions as per program
- Our English speaking tour leader assistance for the whole trip
- Private guides in Alberobello, Matera and Lecce

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