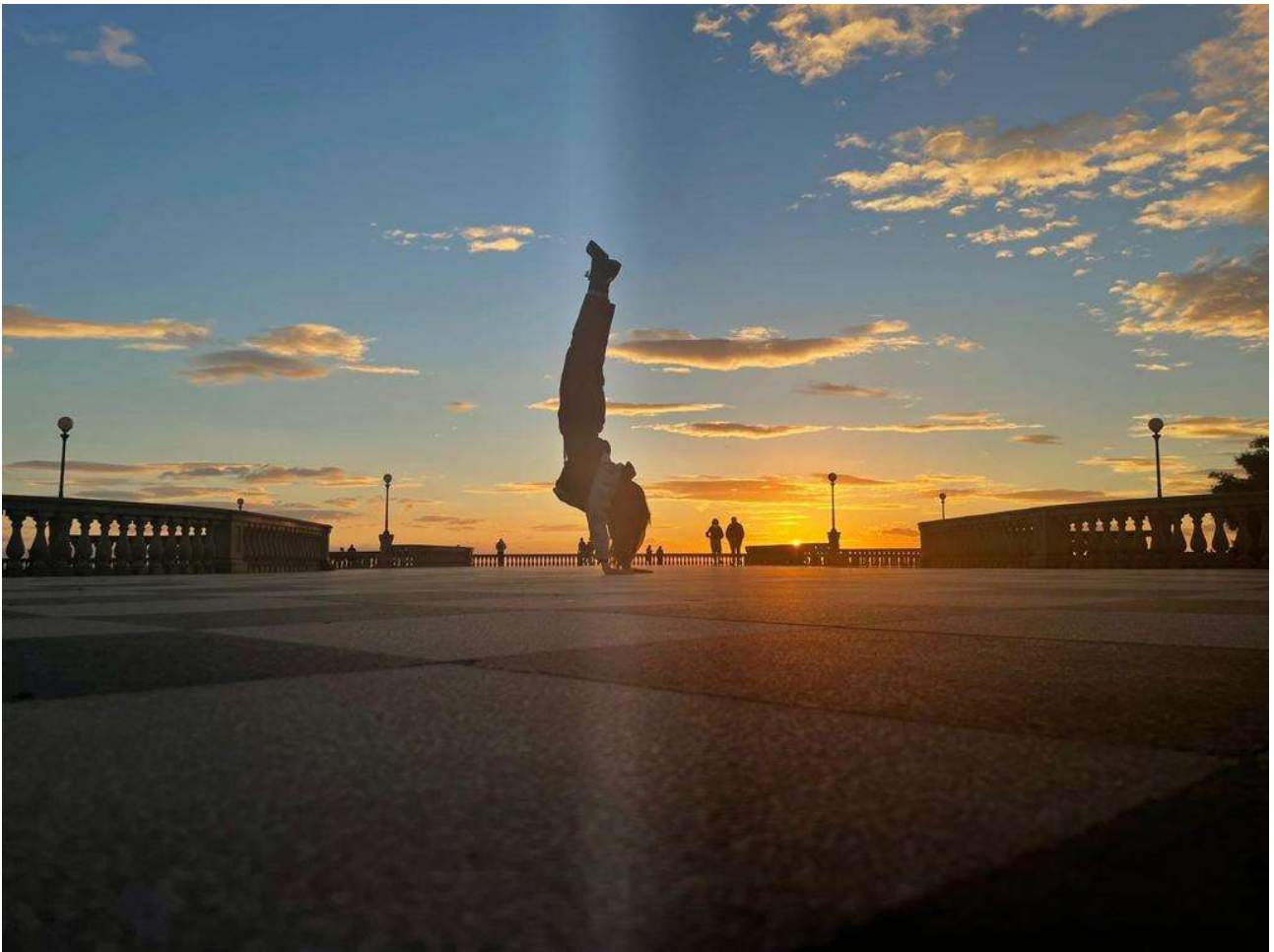


Regenerating Yoga retreat in Sicily – Easter 2023

We will travel along with Chiara, Hatha Yoga and postural Yoga teacher, in a path to discover our inner child, our real Self, that we sometimes tend to ignore.

This travel is oriented towards a metaphorical rebirth, in order to acknowledge what we truly need and regain awareness of our own rhythm and space, with Love and Acceptance towards ourselves – all while admiring the Sicilian landscape and exploring its many folds, including its rich gastronomy, history and culture. You just have to dive in this new experience for your soul, mind and body.



Day 1 – April 7th 2023, Friday – Arrival

We will pick you up from the Palermo Airport and take you to your hotel, a beautiful 5-star resort surrounded by the outstanding landscape of the Madonie mountains.

At 19:00 the first yoga class of the tour will take place, in order to better know each other. The classes last **one hour** and the type of yoga is **Hatha and Vinyasa Yoga**.

We will also work on the **Pranayama** aspect, focusing on our breathing.

The morning classes will help us to wake up and energize us for the rest of the day, while the afternoon or evening ones will differ from day to day. Each class will have a theme that will be developed during the retire.



After our dinner, in order to get into the right mood of the tour, a **drummer** will come to our hotel for an evocative **sound bath** enhanced by Sicilian instruments. Drums and tambourines, in Sicily, are made of wood and goat leather or straw, and are capable of reproducing sounds that you really would not expect from such a simple instrument.

Overnight stay.

Day 2 – April 8th 2023, Saturday – Etna volcano and Taormina

Have you ever practiced yoga on a volcano? No? Well, today it's your lucky day!

We will reach the town of Zafferana Etnea at 9:30 AM, where we will meet the **geologist** that will guide us in our trip. We will then begin to climb the Etna volcano, the tallest active volcano in Europe. We will not take the ordinary, crowded southern path – instead, we will choose the quieter northern path. We will walk on



streams of solidified lava and see volcanic ash accumulated by the sides of the street, like piled snow. While climbing higher and higher, we will be able to clearly distinguish the different kinds of vegetation of this territory. Our first stop will be **inside a volcanic cave**, which the Arabs employed to make ice, storing the snow. Just a few kilometres further we will stop at the **Sartorius Mountains** rock formation, where

we will take a small trip to closely observe this unique landscape, formed by numerous lined-up craters. Here, we will take the first yoga class of the day: enjoy the opportunity to deeply connect with **Mother Nature**, represented by the majestic volcano that stands upon you.



For lunch, we will head to the town of Linguaglossa. Then, we will reach **Taormina**, the idyllic city placed on a seaside cape, with a unique landscape. Take a walk and have fun in this marvelous place! If you wish, you can also visit the Greek Theatre, that still hosts concerts and luxury events after millennia.

Return to the hotel and dinner. Second **yoga class** of the day and overnight stay.



Day 3 – April 9th, Easter 2023 – Castelbuono and Cefalù

Morning yoga class, 7:30 – 8:30 AM, to welcome this beautiful day!

We will begin by visiting Castelbuono, a lovely town located in the heart of the UNESCO Madonie Natural Park, characterized by its towering Norman castle.



One of the many eno-gastronomical products of this place is **manna**. But what exactly is “manna”? It is a natural, white-crystal-like sweetener extracted by the sap of the ash tree. It is expertly used in the preparation of desserts, such as the **Mannettino** cake, that the Fiasconaro family of master pastry chefs bakes. Don't miss this unique opportunity to sample something so unique!

During our visit, we will also have the occasion to stumble upon the **donkeys** that even nowadays are employed to collect waste, instead of the noisy and unaesthetic trucks.



Then, we will head towards the coast and arrive in **Cefalù**. This famous town is characterized by its Norman cathedral and by the huge rock that towers over the buildings. We will explore Cefalù with a slow-paced stroll through the streets of the historical center and a visit to its golden beach, located just on the edges of the town.



Return to our resort in the late afternoon for our **yoga class**, dinner and overnight stay.

Day 4 – April 10th 2023 – Easter Monday – Petralie and Gelso
Giorno 4 – Pasquetta Lun 10/4/2023 – Petralie, Scillato/Gelso

In the morning, yoga class from 08:00 – 09:00 AM. After our breakfast, we will reach Petralia Soprana, a town surrounded by hills covered in wheat fields. We will also visit the historical center of Petralia Sottana, the lower twin-town.



For the characteristic Italian Easter Monday lunch, we will take you to a special place: the *Gelso* restaurant, surrounded by nature and silence. In the afternoon, you will have the chance to **practice yoga in a chestnut tree grove**.



Return to the hotel in the late afternoon, dinner and overnight stay.

Day 5 – April 11th 2023 – Tuesday

Final yoga class in the morning, before leaving the hotel, to say goodbye to this experience and be thankful to ourselves. We will reach the Palermo Airport in sufficient time so you will be able to board your flight without any stress. You will take back home many photos, aromas, flavors and new experiences. We hope that you will keep this holiday in your heart and remember the quietness and the beauty of this territory.

Price: **799,00€** per person

This price includes:

- 4 nights in **DELUXE** double room with half-board in the **Hotel Grand Palladium Sicilia Resort & Spa 5*******
The services **included** in the hotel stay are the indoor pool and three restaurants (buffet, steakhouse and thai)
- Transportation in private, air-conditioned bus, including transfers to and from the Palermo Airport
- Local guide according to the program
- Yoga mat rental
- **Yoga classes according to the program**
- Sound bath with typical Sicilian instruments
- Hiking trip on Mount Etna with a geologist, expert alpine guide
- Light lunch in Linguaglossa (2nd day)
- Easter Lunch in Cefalù or Castelbuono
- Manna and bakery tasting experience in Castelbuono
- Easter Monday Lunch in the *Ge/so* restaurant in Nociuzzi

The price does not include:

- Plane tickets
- City Tax
- Entrance fees
- Drinks
- Tips
- Extras

Surcharges

Surgcharge	€	Price per person
Single room	€	144,00
Travel insurance <i>All-Inclusive Policy, Frigo Assicurazioni</i> Includes: flight insurance, sanitary insurance (including COVID cases), luggage protection, refund in case of cancellation	€	36,00
Entrance fee to the Taormina Greek theatre	€	10,00