

Yogabliss Retreat

Tuesday 4th to Sunday 9th August 2015

Murazzano, Italy

Relax, unwind and be at one with nature





Yogabliss retreats

Philosophy and experience

Hatha yoga attempts to balance the mind and body through physical postures, purification practices, controlled breathing, and calming of the mind through relaxation and meditation. Yoga postures teach poise, balance and strength and are practiced to improve the body's physical health and to clear the mind in preparation for meditation.

“Yoga restrains the oscillations of the mind”

Experience five days of pure relaxation, well-being and daily Hatha yoga classes in the tranquil surroundings of the Italian countryside. Immerse yourself in yoga practice with Kanwal whose classes include a gentle warm up, some more dynamic elements and a long relaxation to close. Kanwal has been practicing yoga for about 15 years and draws from a mix of styles including vinyasa flow, bikram, scaravelli and jivamukti. All levels are welcome to this retreat, which aims to be supportive and responsive to your needs, helping you feel relaxed and rejuvenated. Whether you're totally new to yoga or have been practicing for a while, Kanwal will help you find your own level to work with.



Villa Cadenza

A beautiful renovated farmhouse in the stunning Langhe region of Piemonte. Villa Cadenza is set in a picturesque valley with stunning views of woodland mountains and the quintessentially Italian hill top town of Murazzano. The villa is secluded, surrounded by an acre of land with fruit and nut trees, and has a swimming pool set on a terrace with beautiful views. The area around the villa is perfect for long walks and casual picnics.

The Langhe region of Italy evokes images of beautiful valleys, hilltop towns, nature and rustic living, cordiality and well-being. This is an area of small ancient provinces where traditions have been kept alive. It's the birthplace of the Slow Food Movement, as well as the famous truffle and French influenced cuisine. It is the home to the world-renowned red Italian wines such as Barolo, Barbaresco and Dolcetto. The region is also Italy's new food capital and a favourite with tourists the world over interested in fine foods and wines. Covering a fairly large swath of rolling vineyard country around the town of Alba, it is crowned by the Alps and works its magic through the Langhe mountains and a passage to Liguria.



Prices

Prices include:

- Accommodation and breakfast
- Fruit, tea and non-alcoholic beverages
- Optional 90 min morning and evening yoga classes
- Yoga mats and equipment
- Fresh linen and towels

Prices do not include flights and travel to Villa Cadenza. Transfers will be available for those arriving on the Ryanair flight departing Stansted at 7:00am, and returning from Turin at 11:05 am for €20.00. Why not spend some nights in Turin before or after the retreat and take advantage of the scheduled transfer to the villa? Car hire is essential for those making their own way or seeking a level of independence.

Shared triple with shared bathroom	£350.00
Shared twin with shared bathroom	£400.00
Double room with shared bathroom	£400.00
Double Jack and Jill en-suite	£450.00
Single supplement	£150.00



Food

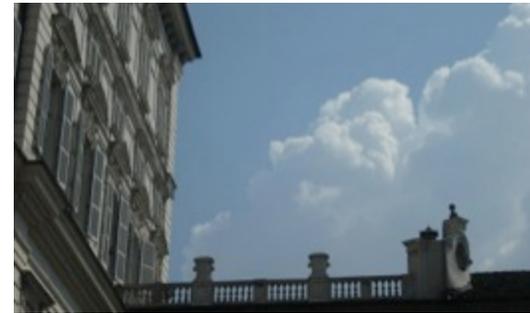
A healthy breakfast using local ingredients is included in the price. If you wish to enjoy lunch or dinner at the Villa, this can be provided for €5 and €10 respectively. Cuisine is vegetarian and vegan with a distinctly international flavour. Free non-alcoholic drinks, tea and fruit will also be available.

Treatments

Massage
Manicure
Pedicure
Facials

Contact us

Yoga: www.yogabliss.org.uk
info@yogabliss.org.uk 07831 756370
Bookings: www.villacadenza.com
info@villacadenza.com 07889 367844



Excursions

Shopping at local market: Campo Del Palio in Asti hosts Piemonte's largest food market, selling all manner of merchandise and an amazing array of foodstuffs.

Wine tasting in the stunning Barolo vineyards

Alba: Beautiful Alba leads in gastronomy courtesy of its white truffles, dark chocolate and wine. The vine-stripped Langhe Hills radiate away from the town like a giant garden replete with grapes, hazelnut groves and fine wineries. Exploring Alba's fertile larder on foot is a rare pleasure.

Finale Ligure: Discover this charming part of Liguria known for its white sandy beaches, its views, its maritime promenade and history.

