

# BELLA FELICITÀ

BLISS YOGA RETREAT

*May 18-23, 2020  
Niccone Valley, Umbria  
Italy*

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**BLISS**  
RETREATS CAYMAN

## **SIMPLE. JOYFUL. INSPIRING.**

Join us on this restorative and joyful five-day escape in rustic and romantic Italy, and give yourself the opportunity to restore mind, body and spirit, whilst exploring the hills and valleys of Umbria. During this intimate retreat, you will be cared for by Bliss instructors Janelle Kroon, Lindsay Correia and Rachel Clark, and fed deliciously authentic Italian prepared meals locally sourced. We've created a balanced schedule of daily practices, a pasta making workshop, and free time to explore the nearby towns and countryside! All of this from the idyllic setting of two beautifully restored luxurious villas nearby Umbertide cocooned with earthy, natural elements that create a sense of simplicity and calm from the moment you arrive. Spend the afternoons by the pool, or relax in any of the cozy corners of the lush villas, and fill your heart with a beautiful happiness!

## **THE PRACTICE**

We will be offering a mindfully created combination of meditation and movement practices throughout your stay. You can expect sunrise and sunset Nidra classes led by Janelle, to gently refresh your energy for the day. Morning and evening Flow classes led by Lindsay and Rachel, are designed to promote feelings of vitality and joy. You will have the opportunity to practice as little or as much as you wish to combine the energizing movement, and the uplifting clarity of meditation throughout the retreat.

All practices are suitable for all levels and modifications will be provided.

## **MEALS**

On retreat our meals (brunch + dinners) will be prepared by the masterful chefs at nearby Calagrana restaurant, known for its Umbrian cuisine. Seasonally fresh produce, breads, croissants, and other snacks will be on hand and available in the kitchens with ample Italian wine, should you choose. There is one day and one night that is free for you to go into the nearby medieval towns or vineyards to wander, discover and eat by foot or bicycle rental! Let us know if you have any food allergies or dietary restrictions, and/or a desire for wine so we may prepare accordingly.

## **ITINERARY**

The retreat will include:

- » 5 nights / 6 days in beautiful Umbertide, near the Tuscan border
- » Daily morning Nidra classes
- » Herbal teas, coffee, seasonal fruits for a light morning bite before the first movement practice
- » Morning & evening yoga classes
- » Authentic Italian meals locally sourced prepared by the incredible chefs at Calagrana restaurant
- » Fresh produce and breads on hand when hunger strikes
- » An Italian pasta making workshop
- » Airport transfer available - please email for details

- Ample time to relax, rest and care for you... read a book, swim in the pool or lounge around in all the cozy corners of our beautiful villas.

Not included:

- » Flights
- » Pack your yoga mat!

## TRAVEL INFO

You will need to fly into Florence Airport (FLR), or Rome - Leonardo da Vinci International Airport (FCO). We have included our recommended flights, which are the most cost effective option from Grand Cayman, and work in line with the retreat schedule. Transfers to/from the airport will be included if you travel on the recommended flights or arrive within the same time period. We highly recommend hiring a car for the duration of your stay from a reputable company. \*An international drivers license is needed in order to rent a vehicle.

EXAMPLE OF RECOMMENDED FLIGHT ROUTE via AMERICAN AIRLINES and SWISS AIR:

DEPART Grand Cayman Owen Roberts Airport (GCM) on MAY 17 at 2:16pm - ARRIVAL Florence Airport (FLR) on MAY 18 at 1:20pm

DEPART Florence Airport (FLR) on MAY 23 at 9:55am - ARRIVAL Grand Cayman Owen Roberts Airport (GCM) on MAY 23 at 8:01pm

## SAMPLE OF A DAY ON RETREAT

7:00am Morning Nidra meditation

7:30am Light breakfast

9:30am Morning Flow practice

11:30am Brunch

1:00pm Free time

5:00pm Evening Flow practice

7:00pm Family style dinner

## ACCOMMODATION OPTIONS

- » Private double room with double bed (single occupancy - one person) & private bathroom: US\$3700 per person
- » Suite with shared double bed (double occupancy two people - ideal for friends/couples/family) & private bathroom: US\$3200 per person
- » Shared double room with double bed (double occupancy two people - ideal for friends/couples/family) & private bathroom: US\$2800 per person
- » Shared suite with one double bed and two single beds (double/triple occupancy - ideal for friends/family) & private bathroom: US\$2600 per person if sharing across 3 people / US\$2800 per person if sharing across 2 people

Please note that a non-refundable deposit of US\$500 will be required upon booking. The balance will then be due 6 weeks before the retreat start date, on April 6, 2020.

CONTACT RACHEL AT [RACHEL@BLISSYOGACAYMAN.COM](mailto:RACHEL@BLISSYOGACAYMAN.COM) TO SIGN UP!

CONTACT JANELLE AT [INFO@BLISSYOGACAYMAN.COM](mailto:INFO@BLISSYOGACAYMAN.COM) FOR TRAVEL QUESTIONS

