

# YOGA & ART RETREAT

May 2 - May 8, 2027

LA DOGANA IN TUORO SUL TRASIMENO | ITALY



# IL DOLCE FAR NIENTE

*The sweetness of doing nothing*

With technology ruling our lives and pulling our attention away from the beauty around us, embrace the pleasure of being idle.





# 7 DAYS + 6 NIGHTS

## LA DOGANA

...a beautiful 100 acre olive grove estate





## DAILY ART + YOGA

Take what you need and leave what you don't.

*All props, supplies & materials provided.*



# *Your Retreat Package Includes:*

- || 6 Breakfasts
- || 3 Lunches
- || 6 Dinners
- || 6 Nights lodging in an Italian Country House
- || 1 - 2 Daily Yoga Classes
- || 2 Town Tours - Montepulciano & Pienza + Additional Free Time in Town
- || 1 Trip to CASTELLO DI MONTE VIBIANO w/ Wine Tasting + Jeep Tour
- || 1 Italian Cooking Class + Lunch
- || 1 Trip to Museum of Glass - Glass Fusion Class
- || Daily Art Prompts & Exercises with Instruction
- || Exclusivity of the entire property and its areas
- || Private Airport Transportation from and to Florence Airport & ALL Excursions
- || Additional Activities Available for an extra fee: Kayaking, Massage, Tour of Cortona followed by a coffee experience

**COST: \$3000**

**Deposit: \$500**



## *What's NOT Included:*

- || Airfare
- || Additional Excursions or Treatments
- || Additional Alcohol (Scheduled Wine Tastings ARE Included)

*Located a short distance from Perugia, the 1st century B.C. Castello di Monte Vibiano jealously protects from its high perch the estate's Lorenzo vineyard, which dates to 217 B.C. and has a precious collection of 55 hectares of olive groves with centuries-old trees, some with a millennial past.*

