

“EQUILIBRIO”

## YOGA HOLIDAY RETREAT IN ITALY JULY 17-23, 2016



Join Francesca Bonta on a yoga retreat in the Adriatic coast town of Montisilvano near Pescara, Italy. Your stay will be at an award-winning villa; Villa Adriatica, surrounded by fruit orchards and over 100 olive trees. The Villa offers spectacular panoramic views of the Adriatic coast, mountains, cities and surrounding countryside giving your yoga holiday a very serene and peaceful vibe yet it is within close proximity of many elegant cafes and restaurants, shops, the glorious Adriatic beach coastline and Italy's beautiful medieval villages.



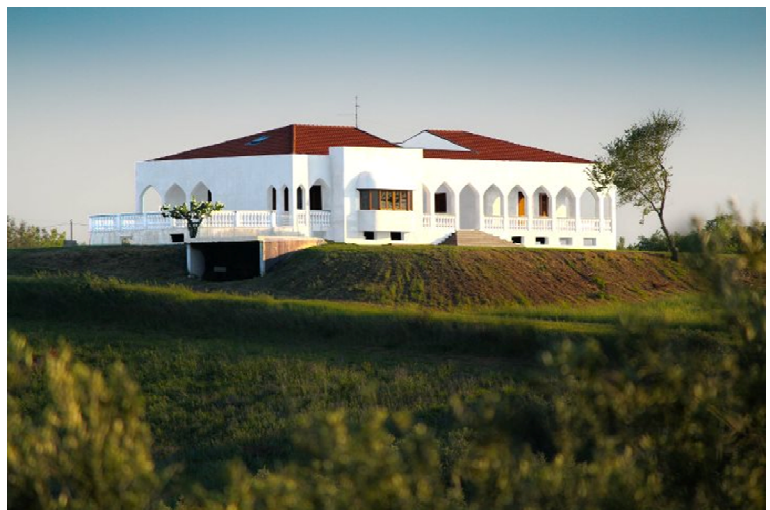
*“Offering my initial International Yoga Retreat in Pescara at Villa Adriatica is like a dream come true, even more spectacular than I could imagine! Yoga has been part of my life since I was a teenager, way before it was trendy. It is with humble gratitude that I share this opportunity with you as an addition to my new holistic health centre in my home town of Cobourg. I am RYT certified & trained in many countries around the world, including UAE, India, Sri Lanka, Costa Rica, Peru, Thailand, Australia, Turkey, USA & of course, Canada. From each teacher I have picked up little points along the way and developed my own eclectic & unique teaching style. I am confident to say that my passion for teaching yoga is clear whether you just speak to me or experience a class with me! A week-long retreat in this stunning part of the world, which also embraces my ethnic culture, will be beyond memorable!”* Francesca Bonta

### VACATION HIGHLIGHTS:

- \$2349 CAD per person, taxes included.
- DAILY TOURS (SEE SCHEDULE BELOW)
- 1-2 YOGA CLASSES/DAY
- 1-2 DAILY MEDITATION SESSIONS
- 2 FRESH, ORGANIC LIVING FOOD & VEGETARIAN MEALS/DAY
- RYT QUALIFIED INSTRUCTOR
- 6-NIGHTS ACCOMMODATION
- TRANSFERS TO & FROM AIRPORT
- AWARD-WINNING VILLA
- 7 DAYS WITH INSTRUCTION
- ENGLISH-SPEAKING RETREAT

Not Included: Flights and Travel Insurance.

Group Size: Maximum of 10 people



Villa Adriatica

For bookings please contact :

Elaine Tomiszer  
Group Tour Coordinator  
Marlin Travel  
1111 Elgin St W,  
Northumberland Mall  
Cobourg, ON K9A 5H7  
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elaine.tomiszer@marlintravel.ca



Ontario Travel Industry Registration #50020593

## RETREAT SCHEDULE

### Sunday, July 17

Arrivals Welcome all day

Settle in and explore.

4 p.m. Satsang

5 p.m. Yoga - Post Flight Inversion Sequence

6 p.m. Dinner in Montesilvano Village

9 p.m. Meditation - Yoga Nidra

### Monday, July 18

8 a.m. Vinyasa Flow Yoga

9 a.m. Vishuddha Chakra Meditation

11 a.m. Brunch

12 noon Beach Day in Silvi Village at Torre di Cerano

2 p.m. Beach Yoga Flow & Seaside Meditation

4 p.m. Afternoon Picnic

6 p.m. Dinner in Montesilvano Village

### Tuesday, July 19

8 a.m. Core Flow Yoga

9 a.m. Seed Sounds Meditation

11 a.m. Brunch

12 noon Discount Shopping Italian Style in Cite St. Angelo Village

4 p.m. Late Lunch at the Villa

8 p.m. Dinner at Blanco in Old Pescara

### Wednesday, July 20

8 a.m. Breakfast

10 a.m. Olive Oil Museum & Museo Acerbo of Castellini's Ceramics in Loreto Apruntino Village

12 noon Lunch in Castello Chiola (Medieval Castle)

4 p.m. Heart Opening Yoga Class

5 p.m. Mudras & Meditations

6 p.m. Dinner at the Villa

### Thursday, July 21

8 a.m. Yin Yoga

9 a.m. Om Mani Padme Hum Meditation

11 a.m. Brunch

12 noon Beach Day in Silvi Village at Torre di Cerano

2 p.m. Beach Yoga Flow & Seaside Meditation

4 p.m. Afternoon Picnic

6 p.m. Dinner in Montesilvano Village

### Friday, July 22

8 a.m. Breakfast

10 a.m. Winery Tour of Zaccagnini

12 noon Lunch in Medieval Village of Tocco da Casauria

4 p.m. Hips & Twists Yoga

5 p.m. Meditation on 3rd Eye

6 p.m. Dinner at the Villa

### Saturday, July 23

8 a.m. Restorative Yoga

9 a.m. Sahasrara Meditation

10 a.m. Satsang

11 a.m. Buffet

Rest time and departure





## **LOCATION**

The Abruzzo region is renowned for its Montepulciano D'Abruzzo wine, the Abruzzo Adriatic coastline with its long stretch of beaches along the Abruzzo coast, wonderful fresh Abruzzo cuisine, shopping and elegant cafes in the most popular Abruzzo destination of Pescara, charming Abruzzo medieval villages, the Abruzzo mountain ranges and warm friendly Abruzzo people.

As Abruzzo is not yet discovered by mass tourists (as is the case in Tuscany, Umbria, Rome, Venice etc.) prices are reasonable and dining out in Abruzzo means that you are always guaranteed fresh wonderful authentic Abruzzo food at lower prices and a much warmer welcome and hospitality – which makes the region of Abruzzo a truly special place and Pescara the ideal base to explore its beauty and charm.

## **OTHER THINGS TO DO IN THE AREA**

The sources of the Pescara river make for an ideal picnic spot, and feature two nature trails; its karst springs form a lake where it is possible to snorkel or scuba-dive. The Tirino river, rather, is the ideal location to canoe or mountain-bike along its shores, an 18.6-mile long network of trails.

The territory is the ideal place for bird watching, trekking and photography, in discovery of the animal kingdom, particularly the wolf and the chamois.

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The area of Roccamaiore (Valle dell'Orta) is one of the major climbing sites in Italy. It is also possible to reach – by walking or cycling – the Grotta dei Piccioni, the Cisterna Cascade and the Grotta Scura, which is the beginning of a 1.247-foot cavity.

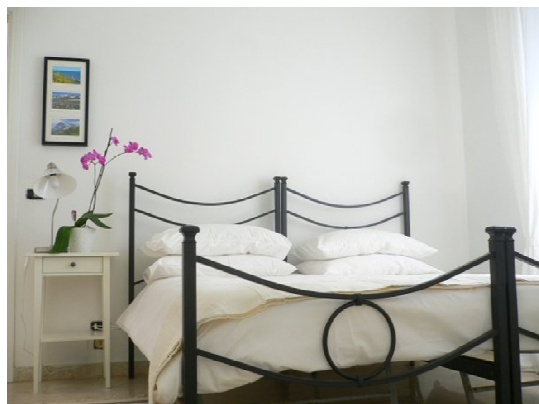
The Anгри Valley offers several opportunities, from free climbing to trekking, even horseback riding. The Natural Reserve of Voltigno and the Anгри valley offer possibilities for gliding, thanks to the presence of valley breezes and mountain winds. It is also possible to fish in a small, high-altitude lake.

The Caramaico Terme allows visitors to pursue wellness while vacationing in a typical medieval village. Try the massages and beauty treatments, primarily utilizing thermal waters and mud.

The coastline offers both relaxation and summer sport activity: swimming, spinning, water bike, beach volleyball, beach golf, windsurfing, and watercraft rentals. Not only, but many of the province's beaches have received recognition's for their maintenance, quality, and accessibility.

### **ACCOMMODATIONS:**

- Air Conditioned bedrooms each with private en-suite bathrooms
- Spacious 500 Sqm (5381 sqft) layout
- Additional WC near the dining room
- Fully equipped modern kitchen with washing machine in separate room
- Complimentary Wifi internet
- Free telephones calls to landlines in Pescara area
- Plasma TV
- Complimentary library of around 70 DVDs to keep you entertained
- Utmost privacy and tranquility: You will be surrounded by 50,000 Sqm (538195) of private land where abundant organic fruit and olive trees grow yet you are also close by to restaurants, supermarkets, beaches, shopping and night life.
- Meals “al fresco”: The outside terrace provides a large space to experience your meals while enjoying the stunning panoramic views and fresh air
- Rooms with a view: The large dining room overlooks wonderful views of the Adriatic Coast, mountains, countryside and city
- Sunlight and fresh interior – The Villa has high ceilings, yet is inviting, cozy and full of natural light.



## TERMS & CONDITIONS

It is your responsibility to read and understand the following terms and conditions. Please contact us immediately if you have any questions or need clarification.

**FLIGHTS:** Are not included in the cost of this package. Please contact Elaine at Marlin Travel for a quote or bookings. You may opt to extend your stay in Italy or Europe and we would be happy to assist with planning an extended stay.

**CANCELLATION PENALTY:** All money paid to Marlin Travel is **non-refundable**, no exceptions for any reason. We offer and recommend you purchase Cancellation Insurance to cover you for this non-refundable amount. Once your payment has been accepted all fees are NON REFUNDABLE, under all circumstances.

**TRAVEL INSURANCE:** We offer optional Transat Travel Insurance packages in case you have to cancel your trip. This protection covers you if you have to cancel due to sickness, accident, injury or death to you, your travelling companion or an immediate family member (along with a long list of other covered reasons). Full policy details are available upon request and with purchase of a travel insurance package. Some restrictions apply. Both plans also offer "Change of Mind" protection; you may cancel for ANY reason up to 7 days prior to departure and receive a refund of 75% of the tour cost.

We offer two types of optional Cancellation/Travel Insurance protection:

**Concierge Club Plan.** This all-inclusive plan covers you for Trip Cancellation, Trip Interruption, Emergency Medical Insurance, Baggage & Personal effects & Worldwide Accident Insurance. The cost is based on your age: Under 59 = \$213.00, 60—64 years = \$245.00, 65 to 69 years = \$302.00, 70 to 75 years = \$406.00 to cover you for the full amount of the cost of your package (\$2349.00)

**Non Medical Plan Concierge Club Plan.** This plan includes all of the above EXCEPT Emergency Medical Insurance. The cost is based on your age: Under 59 = \$194.00, 60—64 years = \$217.00, 65 to 69 years = \$251.00, 70 to 75 years = \$279.00 to cover you for the full amount of the cost of your package (\$2349.00)

**CHANGES:** If you decide to change your booking or any part of it once it has been confirmed, a \$75.00 administration fee per change will be charged. In addition you are responsible for any increase in fares and/on airline change fees because of this change.

### PAYMENTS:

Deposit of \$1175.00 CAD is due with your application. Optional Insurance is also payable at time of deposit and cannot be added later.

Final payment is due on March 30, 2016

**CREDIT CARDS ACCEPTED:** Visa or MasterCard.

**RETREAT SCHEDULE:** We reserve the right to alter the retreat schedule due to circumstances beyond our control.

**RESPONSIBILITY:** Marlin Travel, Ontario Travel Industry Reg. #50020593 is a travel organizer only and does not control or operate any transportation company, hotel or attraction and therefore cannot be held responsible for any injury, death, loss, default or damage, negligence or financial failure of any of these suppliers which is caused by the acts or omissions of these suppliers. All information contained herein is accurate at time of printing (August 25, 2015) and is subject to change due to circumstances beyond our control. Rates are subject to change (you will be offered a refund if increase is more than 7%) and reservations are based on availability. Space is limited. Marlin Travel is a full-service Travel Agency specializing in Air, Cruise, Package, Rail and Group Vacations. Please contact our professional Travel Consultants for all your travel needs.

