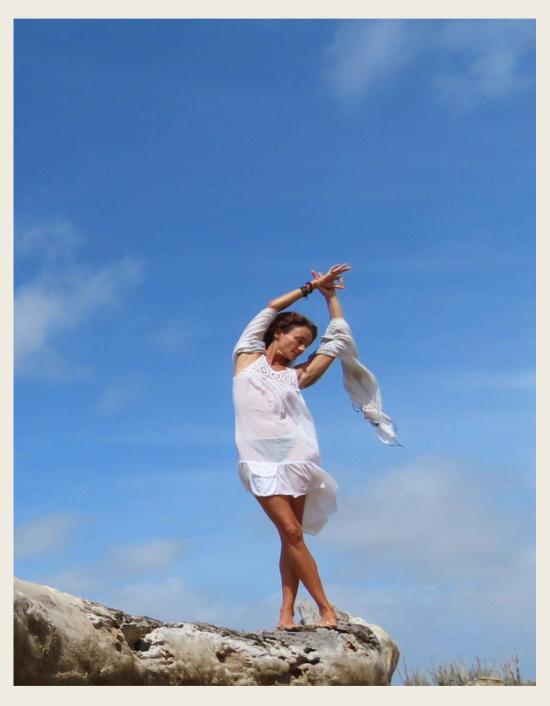
YOGA RETREAT IN SICILY



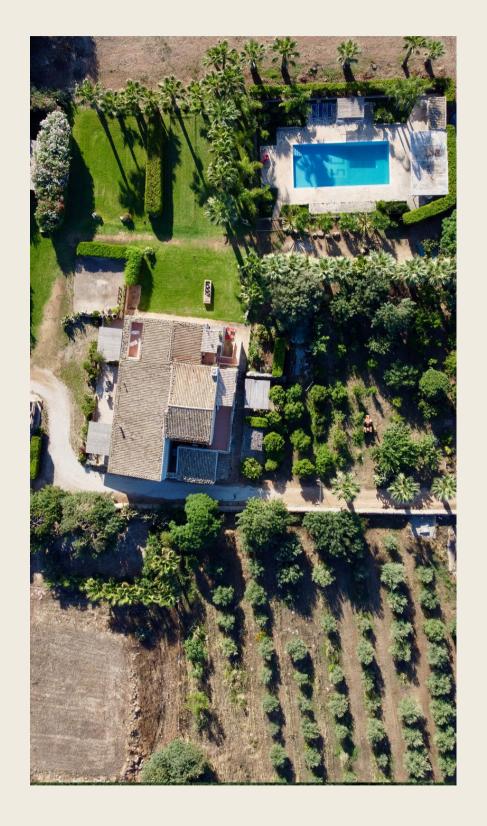
ROOTS & WINGS: FLOW ON THE MAT WITH LAURA STEFANI JUNE 16-21, 2025

A 6 DAY IMMERSIVE EXPERIENCE



IN AN ANCIENT SICILIAN RESIDENCE

THE VENUE



MASSERIA BOSCOROTONDO
IS A RESTORED SICILIAN
FARMHOUSE, SURROUNDED
BY A HUGE GARDEN WITH
PALM AND OLIVE TREES.
LOCATED IN THE HEART
OF THE SICILIAN BAROUQUE
(MODICA, NOTO, SCICLI), IT
IS FIVE MINUTES AWAY
FROM THE GOLDEN SANDY
SOUTHERN BEACHES.

IT HAS 10 SELF-COINTAINED APARTMENTS WITH A PRIVATE PATIO AND A SWIMMING POOL.

THE PRACTICE



DAY 1: INTRODUCTION

DAY 2: GROUNDING

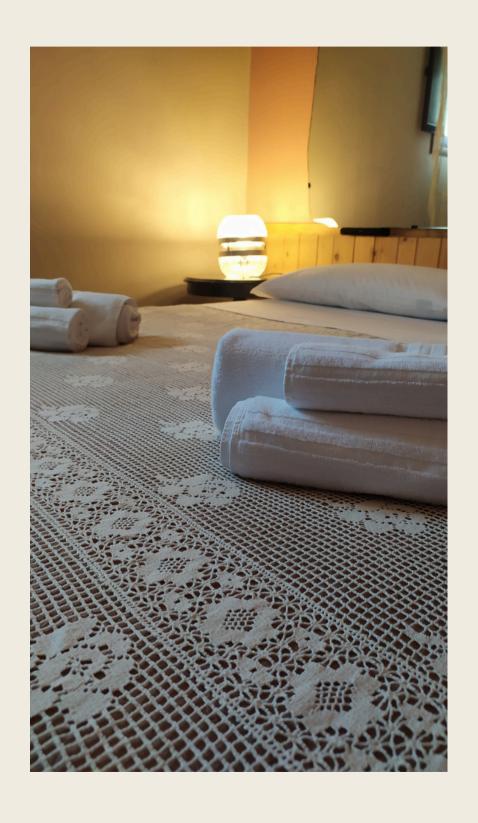
DAY 3: FLOWING

DAY 4: BALANCING

DAY 5: OPENING

DAY 6; FLYING

DAILY SCHEDULE



7.30-8,30 AM LIGHT BREAKFAST 8.30-10.30 AM MORNING PRACTICE (DYNAMIC)

11.00 AM
LUNCH
FREE TIME &
EXCURSION

5.30-7.00 PM GENTLE PRACTICE 7.30 PM DINNER

THE FOOD

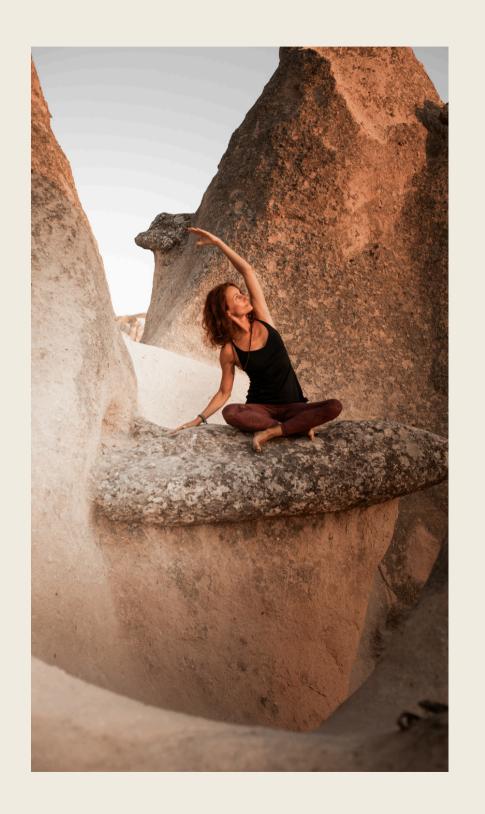


BUFFET LUNCH AND BUFFET DINNER WITH FRESH VEGETARIAN ORGANIC FOOD MADE BY A LOCAL CHEF.

EXTRA-VIRGIN OLIVE OIL, RED AND WHITE WINES ARE HOME-GROWN PRODUCE.

EVERY APARTMENT HAS HIS OWN KITCHEN TO PREPARE COFFEE AND MORNING TEA,

ABOUT LAURA



LAURA STEFANI HAS
BEEN TEACHING HATHA
AND VINYASA YOGA
FOR 14 YEARS.

SHE OWNED A STUDIO ON BONAIRE, BEFORE MOVING TO INDIA.

NOW SHE IS BASED IN MILAN AND TRAVELS AROUND THE WORLD OFFERING WORKSHOPS AND RETREATS.

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PRICE

950 EURO (PER PERSON)
DOUBLE BEDROOM IN APARTMENT
WITH SHARED BATHROOM AND KITCHEN

1050 EURO (PER PERSON)
SINGLE BEDROOM IN APARTMENT
WITH SHARED BATHROOM AND KITCHEN

1150 EURO SINGLE BEDROOM IN APARTMENT WITH PRIVATE BATHROOM AND KITCHEN

EARLY BIRD BEFORE APRIL 15TH: 900/1000/1100 EURO

WHAT'S INCLUDED

- DAILY YOGA SESSIONS
- YOGA MATS AND BLOCKS
- BREAKFAST, LUNCH AND DINNER
- ACCESS TO THE SWIMMING POOL
- ACCOMODATIONS, INCLUDING LINEN AND TOWELS
- TWO DINNERS AT TRADITIONAL SICILIAN RESTAURANTS

BOOKINGS: WHATSAPP +39 340 6261805 RETREAT@LAURASTEFANIYOGA.COM



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