

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 BAROQUE (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
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