

Bellissimo Yoga

An Italian Yoga Retreat and Vacation at Agriturismo Il Tesoro

June 21-27, 2020

Benvenuti!

Sunday, June 21, 2020

Morning	Arrive at Rome Leonardo da Vinci-Fiumicino Airport
	Transfer provided to Il Tesoro in Acquapendente
	Check-in at Il Tesoro
	Free time
5:00-6:30 pm	Evening Yoga
6:30 pm	Welcome cocktail
7:00 pm	Dinner at Il Tesoro

Monday, June 22, 2020

7:00-7:30 am	Morning snack
7:30-9:00 am	Morning Yoga: Opening Circle
9:00-10:00 am	Breakfast
10:30-12:30 pm	Visit and meet the artists at Bottega Artigiana Maioliche Artistiche, an ornamental ceramics and pottery shop that is a supplier to Williams Sonoma. Shop for ceramics, pottery, heat-resistant earthenware and majolica tiles! http://www.ceramiche-bama.it
1:00 pm	Picnic lunch in olive grove at Il Tesoro
	Free time
3:30-5:00 pm	“Crash Course” Italian language and culture lesson
5:00-6:30 pm	Evening Yoga
7:00 pm	Dinner at Il Tesoro: Flavors of the Countryside

Tuesday, June 23, 2020

7:00-7:30 am	Morning snack
7:30-9:00 am	Morning Yoga

9:00-10:00 am	Breakfast
10:30 am	Shopping at custom leather shop Bottega Conticelli. This internationally recognized shop creates masterpieces for homes, boats and offices, as well as personal accessories such as bags and pochette. https://www.bottegaconticelli.it/en/
1:00 pm	Lunch at Il Tesoro Free time
4:15-6:00 pm	Nature walk and Afternoon Yoga in enchanted forest of Bosco Monumentale Del Sasseto. https://www.acquapendente.online/bosco-sasseto/?lang=en
7:00 pm	Dinner at Il Tesoro

Wednesday, June 24, 2020

7:00-7:30 am	Morning snack
7:30 -9:00 am	Morning Yoga
9:00-10:00 am	Breakfast
10:30 am	Guided walking tour of the ancient hilltop town of Orvieto, located in the region of Umbria. Known for its colorful cathedral, ceramics and Classico wine.
1:00 pm	Lunch with wine tasting at Cantina Neri. http://www.neri-vini.it/en/italy-wine.htm
3:30 pm	Guided tour of the 2,500-year old hilltop town of Civita di Bagnoregio, located in the region of Lazio, and accessible only by a footbridge. No Evening Yoga
7:00 pm	Dinner at Il Tesoro

Thursday, June 25, 2020

7:00-7:30 am	Morning snack
7:30-9:00 am	Morning Yoga
9:00-10:00 am	Breakfast
10:30 am	Excursion to Montepulciano, which is located in the heart of Tuscany and famous for both its views of the Tuscan countryside and its Vino Nobile. This is the perfect place to explore on your own, enjoying a self-guided walk, popping into wine cellars, browsing local shops, and visiting the town's Duomo.
12:30 pm	Lunch on your own in Montepulciano
4:00 pm	Wine and cheese tasting at Avignonesi vineyard in Montepulciano. https://www.avignonesi.it/

No Evening Yoga

7:30 pm Dinner at Il Tesoro

Friday, June 26, 2020

7:00-7:30 am Morning snack

7:30-9:00 am Morning Yoga

9:00-10:00 am Breakfast

10:30 am Visit local town Acquapendente, with its market in the square and famous flower petal artwork created for a yearly festival called Pugnaroni.

<http://www.cittaslow.org/project/legend-pugnaroni>

1:00 pm Lunch at Enoteca Gli OstiNati in Acquapendente

Free Time

5:00-6:30 pm Evening Yoga: Closing Circle

7:00 pm Farewell dinner at Il Tesoro

Saturday, June 27, 2020

Breakfast

Begin check out and group departure. Transportation is provided to Rome Leonardo da Vinci-Fiumicino Airport.

Yoga Practices

Morning Yoga

Balanced class to awaken, revitalize, and deepen our practice. Followed by a short meditation.

Evening Yoga

Develop seated meditation and pranayama practice, prepped by side bends, twists, forward bends, and restorative poses.

Sample Menu at Il Tesoro

Great meals start with great ingredients. For more than a decade, Rita and Massimo have been serving authentic Italian meals made from their own farm products and other local sources in Il Tesoro's on-site restaurant. They also designed and built their restaurant with traditional details, outdoor terraces, and a bright, panoramic dining room with beautiful views of the surrounding countryside. Here is a sample menu. Our actual menu will be governed by what's in season.

1. Crostini bread topped with eggplant and mint spread
Fennel and leek soup finished with aromatic herbs
Dried salted cod in the traditional style of Orvieto
2. Cream of chick peas (hummus)
Ribollita, traditional Tuscan vegetable soup
Carrots and mushrooms alla maggiorana
3. Bread slices topped with cod and crescenza cheese mousse
Risotto with sour apples and prosecco
Vegetable crudités
4. Chickpea fritters
Paccheri pasta stuffed with vegetables in aurora sauce
Broccoli patties with pecorino cheese and saffron sauce
5. Savory pie of farro with pecorino cream
Ravioli stuffed with walnuts and gorgonzola and thyme in a sauce with fresh cheeses
Spinach flan with turmeric sauce

Please let us know if you have any dietary restrictions.

Want to See More of Italy?

Melanie Psaltakis, in addition to teaching yoga, works as a travel advisor. She has extensive knowledge of Italy from having lived there for two years (2005-2007), as well as from several recent trips to Italy, including leading a yoga retreat in the region of Umbria in 2018.

Major Cities

- Rome
- Florence
- Venice
- Milan

Secondary Cities/Areas

- Cinque Terre
- Sorrento, Naples, Pompeii and Amalfi Coast
- Lake Como
- Dolomite Mountains
- Pisa
- Siena, Volterra and San Gimignano
- Assisi
- Lucca

Areas to Consider (with fewer tourists!)

- Parma and Modena
- Bologna
- Spoleto
- Perugia
- Padua, Verona and Vicenza
- Southern Italy: Bari, Alberobello and Cellino San Marco
- Sicily

How to Travel in Italy

- Fully escorted coach tours
- Partial packages that include your choice of accommodations, a Local Host to help you make the most of your trip, some included sightseeing with a Local Guide, and arrangements for independent transportation
- Fully independent tours
- Cruises

Contact Melanie Psaltakis: melanie@wayfinderstravel.com