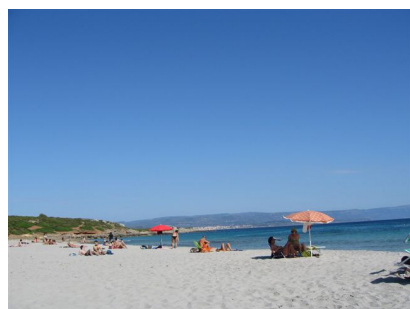


## Rustic charm in the foothills of

## Monte Minerva



During your week in Sardinia you can practice yoga with caring, experienced yoga teachers; take guided nature walks in unspoilt countryside, visit museums and pre-historical ruins like the mysterious *nuraghi*, challenge your palate in food and wine tastings, and enjoy pure sightseeing meandering through the narrow lanes of Sardinian ancient towns. Everything is optional, but most guests find the mix of activities and relaxation just about right.

This is not an "intensive" retreat, rather an intimate group holiday where you can connect and share with like-minded people who have yoga in common and where all levels of experience and ability are welcome either as an introduction to yoga, or a wonderful way to keep your practice alive whilst on holiday.

Likewise, the other cultural activities on offer during the week are carefully selected for the insight they provide into the local history and archaeology, the arts & crafts tradition, the typical gastronomy. The emphasis is on healthy fun, culture and relaxation, and is ideal for singles, friends or couples who would like to retreat from the pressures of everyday life and return home feeling refreshed and ready to start again.

All meals – including wine – are provided throughout your stay. Breakfast is a continental buffet and lunches a mix of picnics and local restaurants, depending on the daily itinerary. Dinner is taken in the hotel's dining room where you will savour excellent regional cuisine, made from only the finest, freshest local ingredients, and paying particular attention to vegetarian and vegan dietary options.

### YOGA HOLIDAYS

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7 night full-board accommodation & all local transportation

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Daily yoga sessions with professional yoga teachers

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Sightseeing trips to beautiful locations

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Rustic dining, regional dishes, abundance of local wine

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**£795**

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No single room supplements or single sharing

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£100 discount for non yoga partners

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Low cost flights from London Stansted, Liverpool & East Midlands to Alghero (not included)

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