

## Yoga Holiday Daily Itinerary



Palazzo Minerva Garden



In the Minerva Reserve



Hard at Work!



Al Fresco Lunch



Nuraghe Palmavera

### DAY 1

**Saturday**

- 3.00pm Afternoon spent at leisure in and around the Hotel and nature reserve.
- 5.30pm Yoga practice for those eager to get started!
- 7.30pm Official start of the yoga holiday with welcome drinks and canapés served in the garden.
- 8.00pm 3 course dinner with wine.

### DAY 2

**Sunday**

- 7.30am Tea, coffee and fruit juice available in the bar.
- 8.00am Yoga practice.
- 9.30am Continental breakfast served until 10.30am.
- 11.00am Morning spent at leisure in and around the Hotel and nature reserve.
- 1.00pm 3 course lunch with wine served on the terrace at Palazzo Minerva.
- 3.00pm This afternoon there is an opportunity to learn a few words of Italian (which might come in handy over the course of the week) in Maria's basic Italian language class or should you be wishing to walk off your lunch John will lead a walk into the nature reserve.
- 6.00pm Yoga practice.
- 7.30pm Glass of wine and canapés served in the garden for those wishing to join us.
- 8.00pm 3 course dinner with wine.

### DAY 3

**Monday**

- 7.30am Tea, coffee and fruit juice available in the bar.
- 8.00am Yoga practice.
- 9.30am Continental breakfast served until 10.30am.
- 11.00pm Depart with our picnic lunches to the beautiful beach of **Le Bombarde**, regarded as being amongst the most beautiful beaches in Sardinia. Spend the afternoon swimming in the crystal clear Mediterranean or relaxing on the beach. You also have the chance of visiting the nearby **Nuragic** complex of **Palmavera**, the main tower of which dates back from the 14<sup>th</sup>-century BC. For those feeling more energetic: walk the 4.5mile coastal path to **Punta del Giglio**. A detour on the way back will take us to the impressive rock formations created by the wind and sea at **Capo Caccia**, the most westerly point of the island.
- 6.00pm Yoga practice.
- 7.30pm Glass of wine and canapés served in the garden for those wishing to join us.
- 8.00pm 3 course dinner with wine.

### DAY 4

**Tuesday**

- 7.30am Tea, coffee and fruit juice available in the bar.
- 8.00am Yoga practice.
- 9.30am Continental breakfast served until 10.30am.
- 11.00pm Depart for a leisurely drive to the inland of Sardinia on a scenic route into the **Vermentino** wine region. Enjoy the picturesque countryside, passing through vineyards, overlooked by the **Limbara** mountain chain. Teresa (Maria's mother) will provide us with a typical countryside lunch which will be served on the terrace of the vineyard house where we will share a glass of wine with the person who made it, Domenico (Maria's father)! After lunch take a stroll around the vineyard. There is also an opportunity today of visiting the informative **Museo del Vino** (wine museum) in Berchidda.
- 6.00pm Yoga practice.
- 7.30pm Glass of wine and canapés served in the garden for those wishing to join us.
- 8.00pm 3 course dinner with wine.



**Le Bombarde Beach**



**Alghero Skyline**



**At Capo Caccia**



**Hidden Cove!**



**Lunch at the Vineyard**

**DAY 5**

**Wednesday**

- 7.30am Tea, coffee and fruit juice available in the bar.
- 8.00am Yoga practice.
- 9.30am Continental breakfast served until 10.30am.
- 11.00am After your yoga session, morning at leisure. Optional cooking class. Join us as we learn how to make some traditional Sardinian desserts.
- 1.00pm Transfer by car to the nearby hilltop village of Monteleone Roccadoria where we will enjoy a light lunch with refreshments served on the patio of the village bar.
- 3.00pm This afternoon enjoy breathtaking views over Lake *Temo* from the panoramic view point. This small, traditional Sardinian village has been very well preserved and the churches of *Santo Stefano* and *Sant'Antonio* deserve a visit.
- 6.00pm Yoga practice.
- 7.30pm Glass of wine and canapés served in the garden for those wishing to join us.
- 8.00pm 3 course dinner with wine.

**DAY 6**

**Thursday**

- 7.30am Tea, coffee and fruit juice available in the bar.
- 8.00am Yoga practice.
- 9.30am Continental breakfast served until 10.30am.
- 11.00pm Depart to the beautiful Carthaginian town of Bosa, situated on the river **Temo** and dominated by the ruins of the **Castello Malaspina**. This stronghold of the Genoan Malaspina family was erected in 1112, and later extended by the rulers of Aragon. Lunch will be taken at our favourite little trattoria, La Nassa, where we are sure of a warm welcome from Guiseppe, our friendly host.
- 6.00pm Yoga practice.
- 7.30pm Glass of wine and canapés served in the garden for those wishing to join us.
- 8.00pm 3 course dinner with wine.

**DAY 7**

**Friday**

- 7.30am Tea, coffee and fruit juice available in the bar.
- 8.00am Yoga practice.
- 9.30am Continental breakfast served until 10.30am.
- 11.00pm Depart to Alghero, a distinctly Spanish influenced town, with Spanish towers and surrounded by the old bastion walls. From the fortifications along the *lungomare* (promenade) we will enjoy magnificent panoramic views across the bay of Alghero as far as the imposing rocks of *Capo Caccia*. We will have our picnic lunch on the beach in Alghero and you will have the rest of the day at leisure.
- 6.00pm Yoga practice.
- 7.30pm Glass of wine and canapés served in the garden for those wishing to join us.
- 8.00pm 3 course dinner with wine.

**DAY 8**

**Saturday**

- 7.30am Tea, coffee and fruit juice available in the bar.
- 8.00am Yoga practice.
- 9.30am Continental breakfast served until 10.30am.
- 10.30am End of holiday. Time to say our goodbyes.

**We look forward to making your holiday exceptional.**

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