



YOGA WITH US

We are so excited to be offering this unique open-level yoga weekend retreat, in October 2020 at La Vimeca Biotique hotel, the first Vegan Hotel in Italy- a hidden gem, surrounded by the beautiful Dolomite mountains.



The
WELLNESS REPORTER
Retreats

FIND US AT

Tel: +39 333 7676854
Sveva Clavarino

Tel: +39 348 2322063
Amanda Baldan

Tel: +39 331 8107900
Roberta Franchi

STAY IN TOUCH

twrretreats@gmail.com

1-4 OCTOBER
2020





MEET THE TEAM

Your teachers and hosts for the weekend will be the wonderful: Amanda Baldan (250 Hatha Raja yoga teacher and vegetarian animal lover), Roberta Franchi (250 Vinyasa yoga teacher, vegan lover and environmental consultant) and Sveva Clavarino (wellness marketing manager).

SIGN-UP

Sign up in advance and save your spot with us with a 300€ deposit to confirm your place.

PRICES

Single occupation: Upon Request
Double room: Upon Request



RELAX
RESTORE
REVIVE

THE WELLNESS REPORTER RETREATS

During this time you will be able to immerse yourself into a transformational journey and find your inner peace through the power of daily yoga and meditation.

Our curated program is designed to help you to relax, detox and revive. We support both beginners and more advanced yogis to grow and develop their strength and to increase their connection with nature and the self.

We want you to experience the power of the present moment and learn to surrender.

FOOD

All meals will be catered by La Vimea's excellent chefs. The menu will be created using the produce that is in season and will be entirely organic and plant-based.



SCHEDULE

Thursday:

17 Arrival & Settle-in
18.15 Opening Circle
18.30-20.00 Yoga
20.30 Welcome Dinner

Friday:

8-10 Breakfast
10-11.30 Yoga
13.00 Lunch
14.00-18.00 Free time to explore the grounds, surrounding countryside and mountains, go to the spa or simply relax in your bedroom or around the hotel.
18.00-19.30 Yoga
20.00 Dinner

Saturday:

8.00-10.00 Breakfast
10.00-11.30 Yoga
13:00 Lunch

14.00-18.00 Free time to explore the grounds, surrounding countryside & mountains, go to the spa or simply relax.
18.30-19.30 Yoga
20.00 Dinner

Sunday:

8.00-10.00 Breakfast
10.00- 11.30 Yoga
11.30 Closing Circle
12.00 Leaving vegan snack and Checkout



TRAVEL

Car:

CarRent a green car – carsharing.bz.it
Get a ride through a carshare – blablacar.com

Please refer to google maps for directions from your destination to Naturno.

There is free parking on site for those of you driving with your own car.

Train:

We believe that the train is the best means of transport on this planet. Sit back and ride on the train through beautiful hills and snow-capped mountains. We would be happy to pick you up at the station of Naturno if you tell us about your arrival time in advance.

www.trenitalia.com

Approximate train times to Naturno from:

Merano – 25 min

Bolzano – 1 hour

Verona – 3 hours

Milano – 4.5 hours



EXTRA DETAILS

What is included:

- 3 nights stay in La Vimca Biotique Hotel
- Daily yoga classes
- Breakfast, Lunch and Dinner (all organic and plant-based)
- SPA access
- Jogging and hikes
- Yoga mats and props (due to Covid 19 pandemic we recommend your bring your own)

What is not included:

- Relaxing massages
- E-bike rental
- Additional Excursions
- Flight or train tickets
- Car rental fee
- Bike rental fee

What to bring:

- Yoga clothes
- Gym shoes (if you want to go on hikes)
- Swimsuit