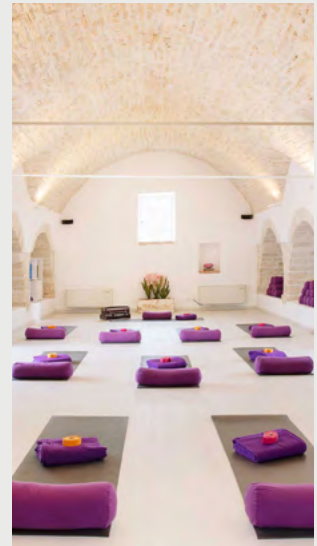


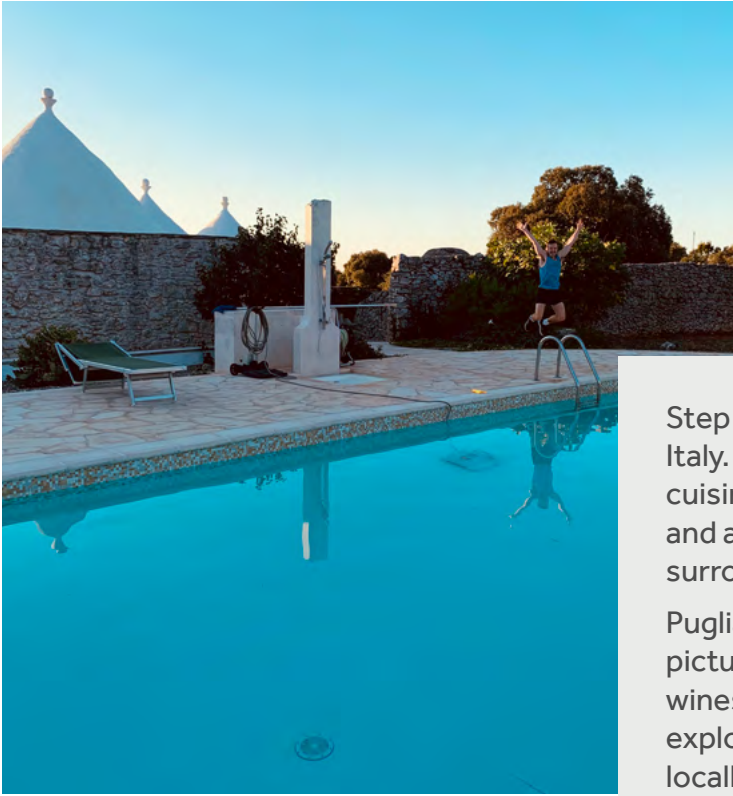
PUGLIA YOGA RETREAT

with Will Wheeler

AUG 17TH -
23RD 2024



Visit Southern
Italy for
sunshine, daily
classes and
fantastic food!



WELCOME TO THIS UNIQUE AND EXCITING TRIP TO THE GORGEOUS ITALIAN COUNTRYSIDE.

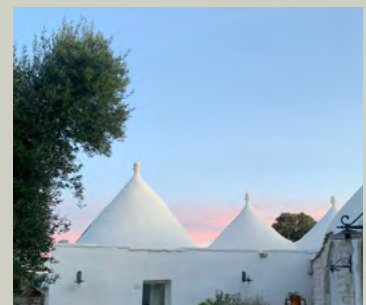
Step into the beauty of Puglia, Southern Italy. You'll be nourished with incredible cuisine, twice daily yoga with Will Wheeler and a luxurious stay at a quiet retreat centre surrounded by nature and farmland.

Puglia offers fantastic countryside, picturesque villages and locally produced wines. During your stay, there's a chance to explore the region with a set of trips and tours locally and further afield if you wish.



THE PLACE

La Rosa Dei 4 Venti is a world class retreat centre. Hosts from around the globe guide meditation, yoga, astrology and writing retreats in this beautiful, creative centre. Many describe the retreat as being a healing and calming space energetically, offering a tranquil break from daily life. Enjoy peace and quiet, with views of the countryside, forest and farmland.



YOUR HOST

ABOUT WILL WHEELER

Will is your host and leads the yoga sessions on the retreat. Will is there to support you with any retreat requirements you might have and ensure you have the best possible holiday.

Hosting retreats in the UK, Europe and Asia, Will has set up and delivered over 50 incredible holidays and takes care to add attention to detail, delivering a week of wholesome classes and arranging fun experiences for all guests



THE YOGA

Across 6 nights and 7 days, you can expect a timetable of classes ranging from morning vinyasa flow yoga to soothing flow and restorative to promote a good night's sleep. The style of yoga on this retreat includes vinyasa flow, alignment workshops, restorative and yin. There will be elements of breathwork and meditation woven into the classes throughout the week.



THE VENUE

La Rosa Dei 4 Venti is a beautiful Italian masseria. Comprising of 10 rooms for luxury accomodation, two group spaces for yoga and meditation plus dining areas.

As well as this, fantastic facilities such as a large pool, a small chapel and quiet private forest are available for you to use and wander through. You'll be able to relax at sunset overlooking the countryside, chill by the pool in the day under the cabanas and find quiet spaces and nooks to relax in and read a book.



A CALMING AND PEACEFUL RETREAT IN PUGLIA

You'll have time to enjoy a therapeutic massage, ranging from swiss massage, deep tissue and Shiatsu. Further details will be provided at the retreat.

You'll be able to find areas for quiet relaxation; from the small chapel to the glass meditation studio to relax in between your classes. A large, spacious studio can hold up to 25 students and is complete with yoga mats, yoga equipment and well stocked with plenty of blankets, blocks, bricks and eye pillows. Students can borrow a mat or bring their own.

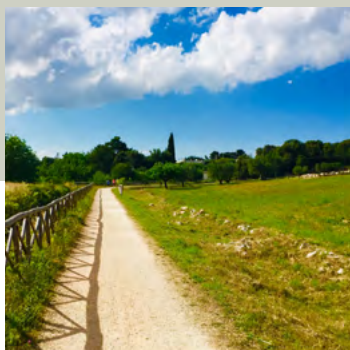


TRIPS & EXCURSIONS

During your stay, a full day trip can be arranged.

In addition to this, further shorter trips are possible, with excursions to local farmers markets or forest walks.

Highlights include a chance to explore the local region with guided walks, trips to local towns including Martina Franca, Polignano A Mare and Ostuni.



THE FOOD

The food at the retreat centre is fantastic, each evening there is a spectacular array of various colourful dishes, using organic and local produce, much of which is produced on the grounds of the retreat centre.

(Various dietary requirements and allergies can be catered for with prior notice).



WHAT'S INCLUDED

- Accommodation for 6 nights
- 6 fantastic evening three course meals
- 6 delicious breakfast/brunches
- 6 servings of afternoon snacks, tea and treats
- All yoga offerings are included; sessions, workshops and Q+A



WHAT ISN'T INCLUDED

- Massages (they will be available daily, further info will be given at the retreat).
- Flights and group ground travel to the retreat centre.
*See [booking form](#) for flight suggestions.
- Collection and return journeys between the airport and venue.







SATURDAY

13.00: Airport arrival

Please arrive in Bari Airport / Brindisi Airport by 13.00 for your minibus connection to start the retreat.

13.30: Minibusses depart airport for Martina Franca

14.30: Arrive in Martina Franca

Light lunch and chance to explore the small market town.

16.30: Arrival at the venue

Tour of the venue, settle into rooms, tea and refreshments.

19.30: Welcome dinner



SUNDAY

08.00: Morning Yoga Flow

Expect a light vinyasa flow to shake off your journey and bring yourself back into your body. The class will move the body with various opening stretches and calming breathing techniques.

09.30: Brunch

10.45: Free time

Explore, take a trip or simply read a book and relax by the pool.

There will be tea, coffee and fruit available all day. In the mid afternoon there will be light snacks/cake offered.

17.30: Flow & Restore

Enjoy a calming class with vinyasa into restorative yoga.

19.00: Dinner

MONDAY

08.00: Morning Yoga Flow

09.30: Brunch

10.30: Free time / Massages

Explore, take a trip to a local beach or simply read a book and relax or treat yourself to a massage.

17.30: Flow & Restore

19.00: Dinner

TUESDAY

08.00: Morning Yoga Flow

09.30: Brunch

10.30: Free time / Massages

11.30: Optional Yoga workshop (75 min)

Usually themed around a topic like understanding vinyasa movement, handstand clinic or arm balances. There will be a chance to break down poses you find challenging and time for a Q+A.

17.30: Flow & Restore

19.00: Dinner

WEDNESDAY

08.30: Breakfast

Optional day trip:

Enjoy a full day trip/tour to the town of Matara - full of history or perhaps spend a day by the beach, within an hour's reach from the venue. This trip will also allow time for a morning stop at a beachside village and a visit the famous white town of Ostuni on the return journey.

19.30: Dinner at the retreat centre

THURSDAY

08.00: Morning Yoga Flow

09.30: Brunch

10.30: Free time / Massages

Explore, take a trip to a local beach or simply read a book and relax or treat yourself to a massage.

17.30: Flow & Restore

19.00: Dinner



FRIDAY

07.30: Morning Yoga Flow

08.30: Breakfast

09.30 - 10:30: Departures

Onward transport will be arranged to Bari or Brindisi to airport. Please refer to the registration form for flight suggestions and latest travel info.

Please feel free to contact Will for suggestions of extending your trip into the weekend. A great example includes the town of Lecce, or Locorotondo to experience more Italian lifestyle and culture.

PACKING LIST

- Yogamats will be provided at the retreat centre.
- Clothes you can move freely and easily in
- Reusable water bottle
- Sweat towel and beach towel
- Sun cream
- Sun hat
- Sunglasses
- Swimwear
- Sleep essentials: eye mask, ear plugs, etc
- Notepad and pen
- Currency card and/or cash
- European plug adaptor



MORE DETAILS

ACCOMMODATION & PRICING

PRICES PER PERSON

Each room sleeps 1 or 2 guests, you're welcome to have your own room or share a twin room with another guest. The bedrooms are all en-suite and have plenty of space to store your belongings and offer a quiet and cool space for sleep and relaxation.

LUXURY PRIVATE TRULLI

£1980 PP

£330 per month for 6 months*

6 nights, solo occupancy, ensuite bathroom.

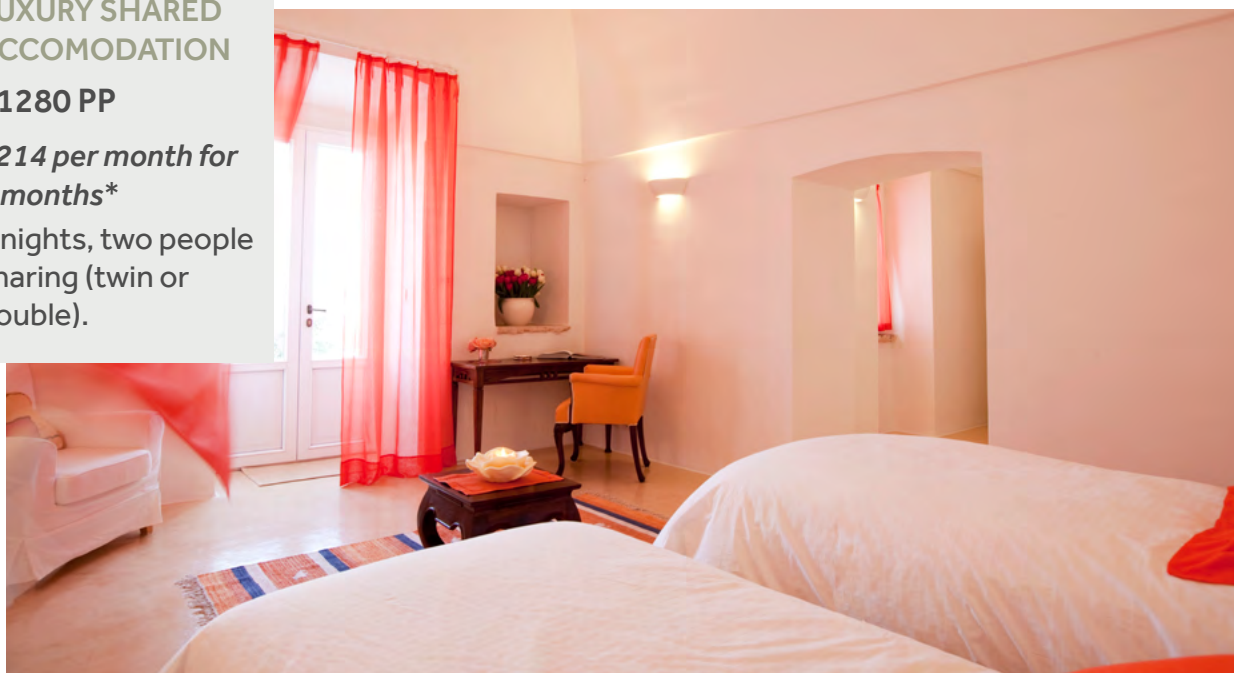


LUXURY SHARED ACCOMODATION

£1280 PP

£214 per month for 6 months*

6 nights, two people sharing (twin or double).



*Please contact Will if you would like to spread the cost over six months in installments.

TESTIMONIALS

ABOUT WILL:



The yoga retreat Will organised was the best I've ever attended. He created a warm and inclusive atmosphere; the perfect environment for a yoga retreat. Everything was taken care of from start to finish from booking massages to excursions to the town. The food was so delicious; we were served a vegetarian banquet three times a day, plus cake and fruit in between. I came away feeling completely relaxed, revived and with a deeper understanding of yoga."

PATRICIA



I have just returned from my first yoga retreat which was absolutely lovely! Will was there to greet us when we arrived and showed us to our room. The venue was really lovely with wonderful views over the valley. Food was amazing and we were well looked after from morning until bed! Will was very friendly, great sense of humour and made everyone feel welcome. On the guided walk he made time to walk with everyone in the group which was lovely to see. His yoga was great, a good mix of styles and helped and encouraged us all! Would definitely come on another retreat, so thank you for a wonderful experience."

MANDY



Will is an outstanding yoga teacher who brings such positive energy to the retreat – funny, enthusiastic with a wealth of knowledge, able to help advance individuals at any level of yoga. Wouldn't change anything on the retreat – and would highly recommend to anyone – I know that all who attended would go back in a heartbeat!"

FATIMA

ABOUT THE VENUE:



I've been to many retreats over the years but this is THE only place that combines a beautiful 5 star location with 5 star food and service. It is truly a place of deep calm and relaxation, you feel like you're part of the La Rosa family as soon as you arrive. The bedrooms are beautiful, clean and peaceful and the local food is delicious. All your needs are catered for so that you can concentrate and becoming the most relaxed and well version of you."

DONNA

BOOKING INFO / TERMS:

1. To secure your space, please complete the [booking form](#). A deposit of £380 will save your space and secure your accommodation choice. The balance is due 8-10 weeks prior to the retreat start date.
2. If you'd like to split the cost into a payment plan, please select the appropriate box on the booking form.
3. UK Bank Accounts. Via bank transfer or payment plan:
William Wheeler
HSBC
Sort code 40-11-91
Account 41333674
4. Transfer for non UK and UK bank accounts. Via [Wise](#) (see link on booking form to complete your booking).
5. Your reference should be detailed as follows: 'SURNAME + PUGLIA24' (EG SMITHPUGLIA24)
6. If you have any questions please contact Will via email or telephone.
7. You must take out travel insurance for your trip. If you are a UK citizen, it is also advised that you have a valid European Health Insurance Card. If our travel plans are disrupted due to travel restrictions caused by Covid-19, you'll have the option to reschedule or receive a refund.

TERMS AND CONDITIONS

1. The deposit is non refundable unless the trip is postponed or cancelled due to entry restrictions into Italy from the UK in light of Covid-19 or unprecedented security measures.
2. Please ensure you purchase the appropriate travel insurance for your holiday. In the event you are no longer able to attend the retreat, your space is transferable to another client, this is on a fill your spot basis.
3. An admin charge of £85 per client will be applied to change the name, booking and rooming details.
4. The balance is only refundable if your spot is rebooked by another client and their transaction has been processed.

Please contact the retreat organiser Will by email or WhatsApp below if you have any questions about your booking or transportation requirements.

WILL WHEELER
+ 44 (0) 7917 346 593
willwheeler242@gmail.com