

The art of wellbeing

Yoga retreat in Sicily

27th May - 03rd June
2023

Join us for an unforgettable and deeply transformative experience in our one week yoga retreat in Sicily.

The main location is a 19th century farmhouse - La Masseria - situated in the lush natural landscape of southeastern Sicily surrounded by 80 acres of farm and the breathtaking Mediterranean sea.



Program (subject to change)
Arrival Saturday
gentle practice Saturday evening

Sunday - Tuesday
7h30 pranayama & meditation
8h45 - 10h45 yoga practice & yoga Nidra
11h00 brunch
free time
18h30 - 19h45 soft restorative practice

Wednesday 8h00 - 9h30 dynamic morning
wake up. 10h00 brunch
Rest of the day free time

Thursday - Friday same as Sunday to Tuesday

Saturday morning meditation & end of retreat

There will be enough time for other activities



The art of relaxation & equanimity

Danena Sicily has six apartments, 13 bedrooms and can accommodate up to 25 people. The bedrooms are all very individual and charming.

All rooms are double occupancy.
For individual request please contact us.

The Yoga studio is a beautifully restored pitch roof barn and can accommodate up to 25 people, fully equipped with all props, with an outdoor wooden shala overlooking our orange garden.



La masseria

The art of authenticity

La Masseria is a beautiful restored farmhouse from the 1800's, set in amongst olive and almond groves, we're just 15 minutes south from the unspoilt World Heritage town of Noto, a province of Syracuse – one of Italy's most beautiful historical centres.

A 15-minute drive east is the Nature Reserve of Vendicari, a heaven of wildlife and some of the island's most beautiful and deserted golden-sand beaches.



Price:

Early bird until 30.11.2022

CHF 1550.-

After 30.11.2022

CHF 1800.-

Prices include accommodation in double occupancy, organic plant based food, yoga, pranayama, meditation and satsang sessions.

Flight excluded.

Reservation is confirmed once payment received:

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Dalia Knight El-Sherbini

UBS Suisse SA



Possible excursions

(extra charge)

Boat trip

Visits to historic sites

Visit Catania and/or Etna...



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