



Anahata

THE HEART OF THERAPIES

Wellbeing Retreat

17-24th September 2022

In Sabina Yoga Retreat Centre, Italy

Description of event:

Escape to the beautiful Sabine Hills for a nurturing week of yoga, pilates and meditation with Dawn Lister and Daniel Groom.

Situated an hour from Rome in the heart of the lush Italian Countryside sits the exquisite In Sabina Retreat Centre, listed in the top 100 retreats in the world. This stunning venue is your home for the week whilst we immerse ourselves in a programme designed to soothe your soul and nourish your body.

Morning sessions will be a mixture of mindful and energising movement incorporating pranayama and meditation.

During your free time indulge in a massage, relax by the pool, make time to reflect, rest or explore the local landscape.

The afternoon session will be a mellow, soothing and nurturing practice, delving into areas such as restorative yoga, yoga nidra, pranayama, yogic philosophy and meditation.

About In Sabina:

The property and grounds are beautifully designed to reflect the natural environment, making this a unique place to recharge and immerse yourself in nature.

Two lovingly restored 17th-century stone buildings overlook an undulating panorama of olive groves and fruit trees. There are three terraces where you can relax and watch the stunning sunsets. A magnificent yoga platform sits in the valley, surrounded by verdant nature and wildlife, with a natural spring and lily pond nearby.

A stroll through the house and gardens reveals many original works by local and international artists who have been inspired by their stay at In Sabina. The extensive grounds are a joy to explore, with sheltered spaces for reading, napping and meditation. Inside, rooms are designed in a simple, natural style, a combination of old and new. Every guest room is unique. Furnishings and fabrics complement the buildings and their natural surroundings, creating a calm environment which is comfortable, practical and ideal for this healing and peaceful week.

Your hosts:

Dawn Lister is a yoga, pilates and mindfulness teacher with close to thirty years experience. Dawn is also a writer, speaker and therapist who has run retreats in the UK and abroad for 23 years. Dawn's practise and teaching style is both mindful and pragmatic, wherever you are on your journey you are in safe hands. Keeping the practise simple, fun and accessible, ensures an experience which is both attainable and unique to your needs.

Daniel Groom has been practising yoga and meditation for almost two decades and is an experienced, sensitive teacher. He is also a yoga therapist, having trained and now subsequently supervising students with the highly regarded London school, Yoga Campus. Daniel comes with lots of experience of hosting Yoga retreats and trainings around the world.

Daniel's approach is friendly and inclusive, and completely suitable for those of all levels of yoga experience, from complete beginners to guests with an established practice.

A typical day on retreat:

(subject to change and all sessions are optional)

9:30am Led practice and meditation

9:30am Breakfast

1:00pm Lunch

5:30pm Led Practice and Meditation

7:30pm Dinner watching the sunset

Please Note: Yoga mats, chairs, cushions, belts, blocks, bolsters and blankets are all provided.

Costs and payment arrangements:

Included in the price:

- Accommodation
- All meals, tea, coffee at retreat centre
- Classes

Extras

- Lunch on our first day
- Meal out Friday night plus travel to and from restaurant
- Extra excursions
- Massage or other treatments
- Transfers to and from the airports (30 Euro each way)
- Flights

Room prices:

- Ensuite room which can be sole or twin shared £1275 per person - Single supplement £250 extra
- Shared bathroom which can be sole or twin shared room £1175 per person - Single supplement £250 extra
- Triple Room £1075 per person with En Suite bathroom

- One caravan - single occupancy £900 shared bathroom in house
- **Early Bird discount - Full amount paid by 30th January 2022= £100 discount**

Facilities:

4 ensuite bedrooms

Shared bathrooms are between 3 and 4 guests

Bedroom linen is provided

Bath towels are provided and changed halfway through the week

Pool and outdoor kitchen

Pool towels provided

Food and Drink:

A nourishing and healthy home cooked vegetarian breakfast, lunch and dinner will be provided each day by our chef. Who can cater for dairy free, vegan and wheat free diets. At mealtime and all through the retreat provide water, tea, coffee and herbal teas. Special diets can be catered for by arrangement. Also a complimentary glass of wine per guest at dinner.

On the Friday evening we will eat out as a group in the local town, travel and the meal costs will be an additional payment but kept to a minimum. Restaurant recommendations will be provided by the retreat hosts and discussed with you all.

Flights and Travel Information:

We recommend you arrive and depart from Rome Fiumicino airport as this is nearest to the retreat centre, which is a 90 mins journey and very rural. On our arrival in Rome we will have a private transfer to take us to lunch, then on to In Sabina. Should you be staying elsewhere in Italy or travelling in by other modes of transport please aim to meet us at 13.00 at Rome Fiumicino to take advantage of the transfer. Transfer approx Euro 30 (each way)

Note if you are making your own way to In Sabina it is imperative you do not arrive before 4pm.

On our final day there will be a private transfer arranged for us to go back to Rome Fiumicino for your homeward flights or onward travels in Italy. Last year the return journey was approx. Euro 30.

It is imperative you take out travel insurance for your trip.

Recommended flight:

Outward

Easyjet 17th Sept 2022

Gatwick to Fiumicino 0905 > 1240

Return

Easyjet 24th Sept 2022

Fiumicino to Gatwick 1315 > 1500

To book your place:

Complete the form at the bottom of this document and send it to us at anahata.leighonsea@gmail.com quoting 'In Sabina Wellbeing Retreat ' as the email title.

Transfer the deposit of £200 to secure your place. Or pay in full before 30th January 2022 to take up the early bird offer of £100 discount on final price.

Payments:

Payments can be made either as the full amount or in instalments. Should the full amount be paid before 30th January 2022 then you will qualify for £100 discount on your total retreat price.

Should you decide to pay in instalments, please pay the **non-refundable deposit**. We ask you to let us know so we can discuss the payment plan with you.

Final payment must be made by 1st August 2022. Late payments may incur an administration charge.

Payment Plan:

It is possible to pay in monthly instalments. Simply contact Kate at Anahata by email anahata.leighonsea@gmail.com to discuss the arrangement. Please note payment plans must be made in full by 1st August 2022.

Our Bank Details are:

Anahata Retreats Limited
Sort Code 60-83-71
Account 16114257

Once you have made your payment use your name as the reference and then please can you let us know and we will confirm safe receipt.

Full Terms and Conditions:

Please refer to our Terms and Conditions on our website <https://anahatayogacentre.com/retreat-terms/>

Should you have any questions do not hesitate to contact us at anahata.leighonsea@gmail.com or by calling 01702 471744.

We look forward to spending time with you in Italy.

Best wishes

Anahata Team

Booking Form – please return to us electronically

Your personal details

Full Name in passport

Address

Phone Number

Email address

Emergency contact name and phone number

Dietary Requirements

Please let us know your room preference (please indicate your room preference)

Single room with En Suite - Total cost £1525

Single room with Shared Bathroom - Total cost £1425

Shared room with En Suite £1275

Shared room with Shared Bathroom £1175

Triple with En Suite - £1075

Caravan with shared bathroom - £900

Early bird £100 reduction on above if booked and paid by 30th Jan 2022

Name of person(s) sharing with :

Please return this form to anahata.leighonsea@gmail.com