



Abbazia San Pietro in Valle

RESIDENZA D'EPOCA



PLAN

FRIDAY 25

Arrival 16.30

Yoga 17.30

Dinner 20.00

Opening Circle 21.30

SATURDAY 26

Yoga 8.00

Breakfast 9.30

Rock climbing 11.00

Yoga 18.30

Dinner 21.00

SUNDAY 27

Yoga 8.00

Breakfast 9.30

Rock climbing 11.00

Closing Circle 18.30



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Who is it for?

Who is it for? It's for those who want to deepen their awareness of breathing and movement through the combination of these two disciplines.

The retreat is suitable for everyone, including those who have just started or want to try for the first time.

What's included?

- Mini-course with an alpine guide
- Climbing equipment rental
- Yoga practices
- Accommodation
- Breakfast and dinner

How much does it cost?

- €250 in a shared room
- €330 in a double room for single use

