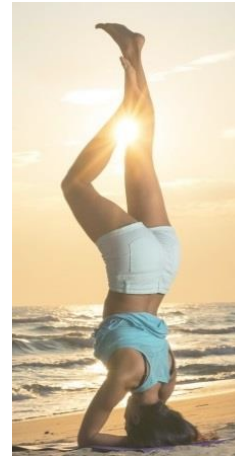
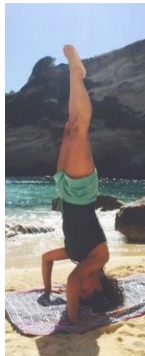
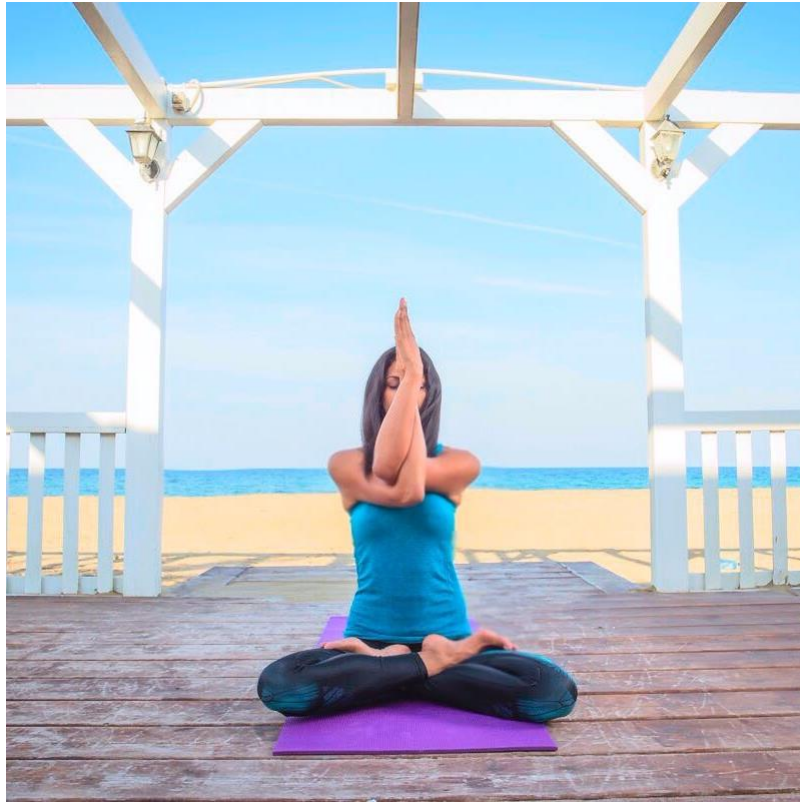


STEP INTO SUMMER YOGA RETREAT

by Julie Chereath Meo & Kamal Fanibanda



SALENTO, ITALY | 16 - 23 JUNE 2018

STEP INTO SUMMER YOGA RETREAT



The start of the summer has always been a big celebration and a highly spiritual time. A time to celebrate the light within ourselves and those around us. International Yoga Day on the 21st June which coincides with the summer solstice is the final climax of the sun's journey and is the day of the most light in the year.



What better way to embrace this special time than with a yoga retreat, including daily Hatha and Vinyasa sessions to relax, reflect and awaken your inner light.

Practice daily with Julie and Kamal, both yoga teachers, certified in India and with Indian origins. The practice will be a mix of Hatha and Vinyasa - a morning class to energise the body and mind and an evening class to relax and unwind. The week will include a special summer solstice sunrise practice on the beach and a dedicated class to celebrate International Yoga Day which falls on the same day. Classes will take place either indoors or outdoors.

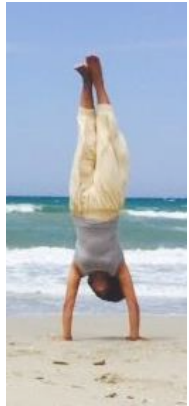


You will enjoy light breakfasts, hearty and healthy superfood lunches, light afternoon snacks and traditional Salento-style dinners. All meals will be vegetarian using seasonal vegetables and fruits, a selection of fresh salads, vegetable dishes and grains.



The host, Masseria Coccioli, is a beautifully restored 15th century estate surrounded by ancient olive groves of the Salentino Countryside. Take some time out to relax by the pool, take a walk in the olive tree filled natural reserve, explore the numerous beaches and historical towns.

Get in touch now to join this unique journey to recharge, restore and dive deep.



YOUR RETREAT HOSTS

JULIE CHEREATH MEO

KAMAL FANIBANDA

JULIE CHEREATH MEO

Born in Germany and originally from Kerala, India, yoga has always been a part of life for Julie since she was little, becoming a guiding concept of life beyond being solely an exercise form.

Julie trained with a vast variety of teachers in London, LA and in South India where she completed her teacher training.

Following a career at Condé Nast in London where she launched brands such as Vogue, GQ and Glamour worldwide, Julie devoted herself to her passion of a healthy body and mind balance.

Julie's sessions are an all-round yoga experience as taught in the traditional Indian yoga culture. This includes breathing exercises, a yoga asana work out and meditation.

Julie teaches in English, German and Italian.

Styles vary according to student's level, but each class is designed to energize the body, nurture a spiritual awareness, finding inner peace through strength and ultimately enjoying this life.

Julie has taught yoga to everyone from corporate to mums, beginners to advanced and various age groups from 3 years to 90 years. Julie is also a trained dance teacher and Ayurveda practitioner.



KAMAL FANIBANDA



A certified Hatha yoga teacher. Kamal was born in England, both her parents are from India and visits to India throughout her life have kept her in touch with her Indian origins.

With a Physics and Aerospace Engineering background, Kamal left the rat race after 10 years of working for an international aerospace company in England and the North of Italy to follow herinstincts.

Kamal travelled the world extensively and eventually she went back to her roots in India where she studied Yoga and now organises retreats and teaches throughout the beautiful Salento area and India.

In Kamal's classes you will explore different asanas, creative flows and breathing techniques to help ignite your inner (and outer) strength, find your balance, your focus and teach you to accept where we are today.

Kamal teaches in English and Italian

Her gift to connect with people makes every lesson feel personal, fun, varied, full of energy and also challenging at times.

YOUR MASSAGE THERAPISTS AND BEAUTICIAN

ANNALISA ACHILLE

Enjoy authentic Ayurveda treatments and beauty treatments of the highest quality with Annalisa.

She specialised in Ayurveda massages in Kerala (South India) in the Ayurvedic village of Abhyanga. Striving to further learn and perfect her practices, she continued her studies in Sri Lanka.

Choose from any of her treatments during your retreat. Brochure available on request.



SABRINA PERSANO

Treat yourself to a deep tissue massage with our local massage therapist Sabrina. Sabrina has the magical power of knowing just which areas of your body needs attention and her massages leave you floating on air!

Her massages perfectly compliment your yoga practise as you unblock and release your body and mind.

THE DESTINATION
AND
RETREAT HOME

LECCE, SALENTO

Your Destination



Set in the southernmost part of Italy's heel, Salento offers many attractions including historical towns, fortified gems of Gallipoli and Otranto, the baroque sophistication of its capital Lecce ('The Florence of Southern Italy'), stunning beaches, a lively gastronomic scene and much more.

Lecce can be easily reached by landing at Brindisi or Bari airport.



MASSERIA COCCIOLI

Your Retreat Home



Set just 4 km from the Adriatic sea, Masseria Coccioni is a beautifully restored 15th century estate surrounded by ancient olive groves of the Salento countryside.

This secluded haven is set in between the ancient and life-full city of Lecce and the peaceful natural preserve of Parco del Rauccio with the most beautiful beaches and villages of Salento in close proximity.

The Masseria offers a large outdoor swimming pool, 10 en-suite bedrooms and 2 suits. Free WiFi access is included and each room will provide you with air conditioning, heating and a patio or terrace.

In close proximity to the Masseria stunning beaches populate the coastline including Lido Kalu beach and restaurant



MASSERIA COCCIOLI

Your Retreat Home



YOUR RETREAT PROGRAM

YOUR PROGRAM

16 – 23 June 2018



- Fresh Lemon & Ginger Tea and light breakfast
- Early Morning energising yoga class
- Beautiful brunches served outside, featuring freshly prepared delicious, local produce
- Free time: by the pool, walks in nature, exploring the nearby historical towns, sun filled beach trips
- Massages: Our massage therapists will have multiple appointments available throughout the week for your convenience
- Light afternoon snack
- Late afternoon restorative yoga class
- Thursday we will have a special sunrise summer solstice yoga session on the beach and a special evening practice to celebrate International Yoga Day
- Dinners will be served after yoga class, featuring more of Salento's best and freshest produce



If you have any questions or desires just let us know and we'll do our best to accommodate your requests

YOUR RETREAT MENU

ON THE MENU

16 – 23 June 2018

- The menu includes seasonal vegetables and fruits selected from local gardens
- A typical breakfast before class consists of fresh lemon & ginger tea, and fruit
- Brunches and dinners will be served family-style, sometimes outdoors on the terrace or by the pool. There will be a selection of fresh salads, vegetable dishes, grains and delicious smoothies
- Dinner will be a real Salento culinary experience with home cooked traditional dishes, prepared freshly and with local produce



Of course, if you have any dietary restrictions, just let us know when you book and we'll surely accommodate

THE LOGISTICS

STEP INTO SUMMER YOGA RETREAT

SALENTO, ITALY - 16-23 JUNE 2018

Prices

Prices are based on per person and in euros.

All rooms have en-suite bathrooms, a/c, heating, hair dryers, and a patio. Towels are provided.

Triple room (3 single beds) : €1,150

Double room (shared bed) : €1,350

Twin room (2 single beds) : €1,350

Single room (queen size bed) : €1,550

What is included?

- 8 days 7 nights accommodation, en-suite rooms with air con and wifi
 - All meals (light breakfast, brunch, afternoon snack and dinner)
 - Transportation from/to Brindisi Airport
 - Yoga classes twice daily taught by Julie and Kamal
 - Your yoga insurance

What is not included?

- Flights (nearest airports are Brindisi and Bari)
- Travel expenses and food purchased during your free time
 - Massage appointments are available on request
 - Any meals organised outside the Masseria

TO RESERVE YOUR SPACE

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