



YOGITRIBE
DOLOMITES
13 - 16 JUNE 2024

LUXURY TRAVEL BY SONI

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DOLOMITES YOGA RETREAT

Outdoor yoga amongst stunning scenery every morning and evening is offered from a dynamic practice in the morning to a softer practice or a workshop in the evening. There will be a variety of Budokon and dynamic vinyasa flow practices, to restorative, yin yoga, Tai Chi inspired movement, breathwork, Yoga Nidra and guided meditation practices. Being in a small group allows you to work on a much more personal basis to really excel your practice, and get those one to one adjustments and advice.

FLIGHTS AND TRANSFERS



As part of the package, we have selected flights with BA.

We will be using an early morning flight out into Verona and returning early evening.

The Lefay Resort is around 2 hours from Verona Airport.

SAMPLE SCHEDULE

8am - 9.30am

Morning wake up glow yoga and guided meditation.

9.30am

Journalling, showers and get ready for breakfast.

10am

Breakfast. Food at Lefay, is given the moniker 'Vital energy' a tenant of the Lefay philosophy.

11am - 1pm

Free time or optional walk to visit hostilitc sites to visit the Nardis Waterfalls or other plentiful nature walks. Spend time working on body reactivation under the guidance of Lefay SPA experts.

1pm - 2.30pm

A delightful lunch awaits you using seasonal ingredients mixed with aromas of the Dolomites.



2.30pm- 5.30pm

Optional free time, yoga class, half day excursions renting e-bikes, partake in energy balancing.

5.30pm

Evening yoga class.

7.30pm

Dinner time at 'Grual' the restaurant takes its name from the backdrop mountain of the Resort.

SAMPLE EXCURSIONS

From the steepest paths, to walks through the valleys, streams, crystal water lakes: during the summer, the Dolomites may awaken the green soul of the mountain, a destination for excursionists of all levels. Few minutes from the Resort, adventure lovers may have the possibility to do horse riding or mountain biking experiences.



To Val Genova, Nardis waterfalls and Val Rendena on E-bike

Itinerary of medium difficulty that, from Lefay Resort & SPA Dolomiti, will take you to the Val Genova for 6 km to visit the Nardis Waterfalls, along the way it will be possible to enjoy some of the most beautiful views of the Valley thanks also to the typical stone "Tonalite". Once you reach the waterfalls, the itinerary will continue to Caderzone exploring the antique farmstead, the alpine hut museum and, passing by the town of Spiazzo, the Adamellina War Museum.

Walk to the San Martino Hermitage

The hermitage is located at 1226 mt of altitude, it is surrounded by silence, the beauty of nature, the fascinating atmosphere still evoked in the legends dedicated to it: they tells about treasures, monsters and one hermit protected by a bear. His death is told to be miraculously announced by the laburnum flowers that bloomed in January.

LEFAY RESORT AND SPA

A state-of-the-art spa, skiing and striking views combine at this resort, surrounded by the soaring majesty of the Italian Dolomites, where you can wake up to a tableaux of swaying pine trees, pastures and watch spectacular sunsets of dusky pink peaks known as “rosadira”.

Facilities include a large indoor/outdoor pool framing views of the valley, a 24-hour gym, an indoor lap pool, a large magnesium enriched whirlpool, yoga studio and The Energy Therapeutic World – five themed areas with different water and sauna-based therapies. The indoor salt-water lake is a must. Treatments are professional and all the equipment is top drawer – there are also a number of beauty treatments using locally sourced ingredients like honey and chestnut.



ACCOMMODATION

Suite

There are 88 suites and 23 residences. Even the entry-level rooms – all suites – are spacious and light filled. Wood panelling, extremely comfortable beds and palette of pale beiges, browns and whites combine with chestnut wood panelling, wooden floors, custom-made furniture and Tonalite, a local, granite-like stone for a contemporary look. There are artificial fires, which make for a cosy atmosphere in winter and all suites have a balcony.

Room Upgrades available.



DINING



Guests can relax immersed in the extraordinary beauty of the surrounding peaks, sipping a drink in front of the main fire.

With floor-to-ceiling windows and an enviable aspect looking across the valley, the Dolomia restaurant is the main dining area for the resort where breakfast, lunch and dinner are all served. The food, given the moniker “Vital Energy” is another tenet of the Lefay philosophy. Breakfast is a stately spread of fruit, baked goods, charcuterie, cheese and cooked to order dishes – you can even blend your own juice.





COSTS £1370

Dates 13 - 16 June 2024

Flights, Double Occupancy Suite and Transfers.

3 day retreat programme.

Activities as suggested by Jess will be included.

The spa is a wellness temple where the senses and soul are regenerated.

Single Occupancy is available, cost £1750.



This retreat will provide a truly remarkable opportunity for personal growth through the most wonderful experiences. Your eyes, heart and soul will come alive when living these unique experiences in their distinct setting of tranquility and outstanding beauty. We cannot wait to take you on this unforgettable journey.