



**VEDAGURU AYURVEDA YOGA RETREAT PUGLIA  
PROGRAM**

**Saturday:** Arrival at Masseria Montepaolo, Dinner.

**Sunday:** Breakfast, Relax or Ayurvedic treatments **Afternoon** Tour Conversano, Dinner

**Monday:** Yoga lesson, Breakfast, Relax or Ayurvedic treatments , Tour Polignano a mare (\* Boat tour ) Free afternoon Dinner

**Tuesday:** Yoga lesson, Cooking Workshop and Lunch **Afternoon**, Tour Alberobello Dinner

**Wednesday:** Yoga lesson, Breakfast, Relax or Ayurvedic treatments **Afternoon** Optional tour, Dinner

**Thursday:** Yoga lesson, Breakfast, extra ayurvedic treatments **Afternoon** Extra tour (Castellana Caves ), Dinner

**Friday:** Yoga lesson, Breakfast, Departure

**Tour:** We will visit Conversano, Cozze, San Vito, Polignano a Mare, Alberobello **Breakfast and Dinner** at the Masseria Montepaolo,

**Extra:**

- + Visit Castellana Caves: Ticket 16 euro ( 2 hour tour with english guide)
- + \*Boat Tour in Polignano a Mare: Ticket 20 euro ( 1 hour tour)
- + Other treatments ( from 40 to 55 euro)
- + Light Lunch ( 12 euro) To book in the morning

**TIMETABLE**

**Hatha Yoga** 7.45 am **Breakfast** 9 to 10am **Cooking Workshop:** 10am

**Tour about** 3pm **Lunch** 1pm **Dinner** 8 pm

At your arrival you will have your program with timetable of the 2 ayurvedic treatments included

**Ayurveda Yoga Retreat Puglia**

**Food and  
Accommodation**  
6nights/7 days

**5 yoga  
lessons**

**3 tour**

**2 ayurvedic  
treatments**

**1 cooking  
workshop**

**Period February/March/April/November**

Total cost half board single room 690 euro

Total cost half board 2 persons in double room 1200

**Period from May to October**

Total cost half board single room 790 euro

Total cost half board 2 persons in double room 1400

Coursal activities only for vedaguru members  
For info and admission/booking write at [carola@vedaguru.it](mailto:carola@vedaguru.it)