

Pure Indulgence Retreat in Central Italy with YuMee Chung October 13-20, 2018

TIMELINE

- October 13: Arrival day. Meet at Rome International Airport (FCO) at 12:30 pm. Board shuttle at 1 pm. Check in after 3:00pm. Unpack, explore and rest. Dinner will be served at 7:30pm. There will no yoga programming on this day but you are welcome to unroll your mat in the yoga studio for self practice
- October 14-19: Regularly scheduled programming (morning meditation, morning and late afternoon yoga, free time). You will have time in the afternoons for short self-guided excursions if you choose.
- October 17: Optional excursion to Assisi. We will have a modified practice schedule this day. Expect to practice a tad earlier than usual.
- October 20: Departure day. Check out at 10:00 am after breakfast. There will be no yoga on this day. Our shuttle will have you at the Rome International Airport by 1 pm, though we cannot guarantee your arrival time.

PASSPORT

Please ensure your passport is valid for at least six months after your planned date of departure from Italy. Holders of regular Canadian passports arriving by air for the purposes of tourism may enter Italy for up to 90 days without requesting a visa in advance.

GETTING THERE

We have arranged for a shuttle bus to our retreat centre, Locanda del Gallo. Pick up is at the Fiumicino International Airport (FCO) at 1 pm. We ask that you meet us no later than 12:30 pm outside the Terminal 3 arrivals area. We will have someone waiting with a sign. Please ensure that you are ready for the 2.5 hour ride through the Italian countryside.

If you prefer make your own arrangements, you can take the train or fly into the Perugia airport (airport code PEG) and arrange for your own ground transport for approximately 50€ (price if based on an airport pick up from PEG) Please let us know if you decide to make your own way.

MEALS

The food at Locanda del Gallo is delicious, plentiful, and healthy. Typical ingredients include organic tomatoes, salad leaves and vegetables from the kitchen garden, olive oil from the olive grove, aromatic herbs from the garden, yogurt, cakes and homemade breads. There will be vegetarian and non-vegetarian options.

Locanda del Gallo offers a selection of local wines for purchase.

Please flag any food allergies or special meal needs when you register.

WASHING CLOTHES

There are laundry services. The rate is 10€ per load, the price of the washing machine.

WHAT TO BRING

- Passport (expiry date should be at least six months after travel date)

- Spending money (for coffee outside of breakfast 1€ per pod, excursions, massages, laundry, etc.)
- Camera
- Notebook, journal, pens
- Yoga appropriate clothing
- T-shirts, tank tops, and shorts (think comfy and casual)
- Long sleeve tops, long pants, and a sweater or light jacket appropriate for fall weather
- Sleepwear
- Swimwear
- Sandals/flip flops and sneakers or walking shoes
- Sun hat, sun glasses, and sun screen
- Toiletries, supplements, and prescription medications
- Reusable water bottle

Although the retreat centre has some yoga mats available, you may choose to bring your own travel mat. You need not bring any of the usual yoga props.