

Yoga Holiday to Ischia, Italy, with Jody

September 8th – 15th 2018

Venue: This is Free Spirits new venue on the beautiful thermal island of Ischia. It is close to St' Angelo, a truly pretty unspoilt village also on the coast.



A small guest house only 10 - 15 minutes' walk from the volcanic sand beach which has crystal clear waters, sunbeds and a small beach cafe.

The venue will be for the use of our yoga group and will take a maximum of 12 participants in the yoga space.

Please book early to save disappointment as spaces are limited at this venue.

This is true Italy and we know you will enjoy it.

Casa Benedetto is situated on the island of Ischia in charming Succivo, a small village in the municipality of Serrara-Fontana. It is close to St' Angelo with its narrow streets and lanes and high-fashion boutiques - you may either walk there or take the bus.



The small lush garden at the rear is perfect for those seeking peace and tranquillity. A peaceful garden with a bar-restaurant area, infused with ancient perfume of flowers, kiwi vines, lemon trees and cycads. Here we will also eat our meals.

We are just steps from the small and cosy beach 'Cava Grado' and close by is the famous Sorgeto Bay and its thermal hot springs coming out the sea at a temperature of ca. 90 degrees.



Please note on Ischia the beaches are always at the bottom of the cliff-face with steps leading down so if you have mobility issues please chat to Free Spirit in their office before registering.

Casa Benedeto has an upstairs terrace with a few sunbeds for those of you who like to relax in the sun. From the end of the terrace you can see over the rooftops to Sant'Angelo and the sea.

Yoga: There will be 2 Yoga classes per day with Jody, with one day off when you may wish to go on an excursion. The first class is 8.00-9.30am, then the rest of the day is free to do as you wish, the second class late afternoon before supper. The classes will include asana, some breath work and some meditation.

Accommodation: All bedrooms are en-suite. There are 6 rooms with a double bed - often sold as single rooms, and 3 rooms with both a double bed and a single bed - normally sold as shared rooms.



Food: All meals are vegetarian. Breakfast and dinner are provided daily, with the exception of one dinner where we can experience one of the local restaurants. If you have a special diet please talk to Free Spirit before booking as these can be difficult to cater for as items we are used to in the UK are not always easily available.



Cost: £520 for a shared room or £620 for single occupancy. This includes your accommodation, breakfast, 6 dinners and 10 yoga classes.

It doesn't include your flights, transfers, lunch and snacks, bottled water, teas and coffee, treatments and excursions.

Getting there: You will need a flight to Naples, from there we will be met and transferred to the venue.

For the arrival flight: Please book a flight that arrives by 20.00 as the last ferry is at 22.00 and you need half an hour to reach the port by taxi.

For the return flight: Please book flights after 11am as the first ferry off the island is at 06.30.



Transfers: Group transfers are 40 euros per person each way (including the ferry) payable locally.

Private transfers are from 70 euros each way (including the ferry) payable locally.

The transfer, including the ferry, will take between two and two and a half hours.

Feedback: *'I recently came back from the yoga holiday to the stunning Italian island Ischia. We stayed at Casa Bennedeto with Michele and his team looking after us. They went out of their way to make it the most enjoyable and positive stay with them. Nothing was too much trouble and each night a four course vegetarian meal was served - the food was amazing! Michele and his assistant Daniel took us up a volcano one day, such a great day out for us all.*

Michele also organised a day trip to Capri for 5 of us - a day I will cherish forever.

The thermal spa just down the road from the hotel is well worth a visit - I personally went there three times, it was that good.

I can highly recommend this trip and venue - you will simply love it'

Best regards Inga - July 2017 with Helen Barker

Yoga: If you have any questions regarding the Yoga, please email Jody@YogaAkasha.co.uk



Booking: Please contact Free Spirit Travel for more information and to book you space – 01273 564230 / info@freespurityyoga.co.uk
www.freespurityyoga.co.uk

