

Mermaid Fit Club Yoga Retreat in Italy

JUNE 13-22, 2024



Join Shirley for a magical week designed to delight your body/mind/spirit at Locanda della Quercia Calante in the Umbrian countryside. Your epic adventure options will include a hot air balloon ride, wine tasting, cooking classes, and more!

LIMITED SPACES AVAILABLE • BOOK NOW TO GUARANTEE YOUR SPOT



Itinerary

June 13: Arrive in Rome

June 14: Yoga & Secret Food tour

June 15: Arrive at Locanda della Quercia Calante

June 15-22: Daily yoga & water aerobics (included); optional excursions (additional)

Price*

Single: \$2,500

Double: \$2,000

Includes: Transfers to/from Rome & Umbria, accommodations in Umbria, three delicious meals daily, yoga & water aerobics

Save your space: \$500 non-refundable deposit, Due 10/1/23

Second payment (40% of balance): Due 12/15/23

Final payment: Remaining balance, Due 5/15/24

*All payments are non-refundable; trip insurance is recommended. Please inquire about a payment plan.

Not included in the price: Transportation from the airport in Rome to hotel in Rome; hotel accommodations in Rome; airfare to/from Italy; optional excursions, including transportation; tips and gratuities.