



AGRITURISMO
CASE TABARANI



*Yoga and Holidays
in Sicily*



Yoga and Holidays in Sicily

LIGHT AS A FLOWER AND GROUNDED AS A MOUNTAIN

Asana, Meditation, Philosophy, Nature and Tourism

A week to take care of the body and the mind practicing Yoga every day in a charming farm holidays house surrounded by nature with a panoramic view on the sea and a few kilometers away from the coast and the city of Cefalù. This Yoga retreat is adapted both for beginners who want to discover what is Yoga and to advanced participants.

The morning is dedicated to Yoga and the afternoon to the visit of the natural and touristic places of Sicily.

The day starts with a two-hour Yoga class to energize the body with the asana, postures that invigorate the muscles, tone up the joints and stimulate the organs improving their function. Yoga harmonizes the body and the mind thanks to deep relaxation, conscious breathing and positive thinking. During the week, there will be the possibility to participate to two meditations that gradually lead to inner peace and silence.

The afternoon is dedicated to discover the natural and touristic heritage of Sicily. Several excursions are organized to visit the volcano Etna and the beautiful cities of Taormina, Palermo and Cefalu. Two cooking classes will teach you about the Sicilian gastronomy and the Ayurveda vegetarian food.



Programme of the week:

Day 1: Arrival and accommodation in the farm holidays house :

Late afternoon: welcome cocktail, presentation of the programme of the week followed by an introduction on the Yoga Philosophy.

Day 2: Yoga and Nature

9 am: Breakfast

10 – 12 am: Yoga class

12.30 am: Lunch

2 pm: Horse riding or quad excursion to discover the Madonie Park.

6.30 pm: Sicilian cooking class

8 pm: Diner



Day 3: Excursion Etna/Taormina

6.15 am: Breakfast

7 am: Departure to Etna

10.30 am: Free time at 1800m to enjoy the volcano.

Two options: stay at 1800m and walk around the Saint Sylvester inactive crater or take the cableway to 2900m to see the main crater still alive (supplement 52€ to pay on the spot).

1pm: Lunch and free time to visit Taormina, one of the most charming hilltop city of Sicily. Visit Taormina Greco-Roman theater (8€), the panoramic garden and enjoy shopping among luxurious boutiques.

Departure in late afternoon.

9 pm: diner in the farm house



Day 4: Yoga, Cefalù and Beach

9 am: Breakfast

10 - 12 am: Yoga class

12.30 pm: Lunch

2 pm: Free time to visit Cefalù, its amazing Arab-Norman cathedral and the narrow streets of the picturesque city center. Try an ice-cream in a brioche, relax on the sandy beach and go swimming.

7.30 pm: Diner

Day 5: Yoga, Meditation and Palermo

8 am: Guided Meditation

9.30 am: Light Snack

10.30 - 12 am: Yoga class

12.30 pm: Lunch

2 pm: Visit of Palermo: Free time in the city center to discover its major monuments such as the cathedral, the Massimo theater, the Palatine Chapel covered with golden mosaics. There are plenty of Italian fashion shops to go shopping and to bring back some souvenir.

8 pm: Diner

Day 6: Yoga, Meditation and Ayurveda

8 am: Guided Meditation

9.30 am: Light Snack

10.30 - 12 am: Yoga class

12.30 pm: Vegetarian meal

3.30-5.30 pm: Lecture on the Ayurveda science of nutrition. Learn about the physical and mental characteristics of the three body types: Vata, Pitta, Kapha. Followed by an Ayurveda cooking course.

7.30 pm: Diner

Day 7: Good bye and Namaste

Breakfast or Lunch according to the flight. See you soon!



The Farm Holidays House:

The Tabarani Houses are situated right in the center of the north coast of Sicily in a beautiful natural environment just a step from the sea.

The farm holidays is situated 7 kms from Collessano a traditional little town in the hinterland, 11 kms from Campofelice on the coast, 23 kms from the famous town of Cefalu and its sandy beach and 18 kms from the archeological site of Himera. The farm holiday stands on a hilltop in the valley of the river Imera, in a panoramic location that provides a sweeping view stretching from Palermo's Monte Pellegrino to the highest peaks of the Madonie range. The estate is engaged in farming activities (olives production and livestock) and provides holiday accommodation in six residential units each of which composed of two or three rooms, for a total of 28 beds, with a restaurant and a Yoga room.

All the units are fully furnished and equipped with all services, with shower and wireless broadband. Most rooms offer breathtaking panoramic views. There is also the possibility to hire a car to be independent.





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