

La Bella Vita

Tuscany Yoga Retreat

August 26 - September 1, 2024

TIME	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	
	Sun - 25th	Mon - 26th	Tues - 27th	Wed - 28th	Thurs - 29th	Fri - 30th	Sat - 31st	Sun - 1st	
7:30 AM	Fly to Florence	Check In & Explore Property	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
8:00 AM			Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	
8:30 AM			Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	
9:00 AM									
9:30 AM					or	or	or	or	or
10:00 AM					Brunch	Brunch	Brunch	Brunch	Brunch
10:30 AM					7:00-10:30	7:00-10:30	7:00-10:30	7:00-10:30	7:00-10:30
11:00 AM					Guided Tour of Florence & Academia				
11:30 AM									
12:00 PM						Optional (Added Fee)		Optional (Added Fee)	Buon Viaggio
12:30 PM									
1:00 PM						Spa Day or	Guided Coach & Walking Tour of Tuscany & Sienna	Spa Day or	
1:30 PM						Cooking Class or		Cooking Class or	
2:00 PM						Truffle Hunting		Truffle Hunting	
2:30 PM						Advanced Yoga		Advanced Yoga	
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM									
5:30 PM									
6:00 PM									
6:30 PM		Welcome Reception							
7:00 PM									
7:30 PM									
8:00 PM		Dinner at Villa La Massa							
8:30 PM									
9:00 PM									
9:30 PM									
10:00 PM									