



More than Holidays... funky & holy days!

YIS - Yoga in Salento, a not for profit association, resides within **Agricola Samadhi**, the agriturismo which provides accommodation and foods for the participants of the yoga retreats organized by YIS.

YIS and Samadhi are separate entities, therefore costs for yoga and accommodation have to be kept separate. Each teacher decide the cost of his own retreat, that always includes:

- 10 yoga lessons of one hour and a half (1 intro- 6 mornings – 3 afternoons)
- Mats and props for practice
- Access to the yoga library
- YIS staff assistance

Agricola Samadhi rates include:

- 7 nights accommodation
- Daily coffee and tea previous the yoga practice
- 6 vegetarian organic brunches
- 7 vegetarian organic dinners;
- 1 vegetarian organic breakfast on departure day
- Daily room cleaning
- Weekly change of sheets
- Towels changed twice a week
- Use of the swimming pool (from June to October) and sun chairs ;
- Access to all the areas of the centre

Optional extra services:

- Light lunch
- Wi-fi internet connection
- Laundry
- Pick-up/drop-off service from and to Brindisi airport
- Pick-up /drop-off service from and to Lecce station
- Thai, shiatsu and ayurvedic massages
- Horse, boat, bike excursions

For more infos about costs and services please wirte us at info@agricolasamadhi.it, info@yogainsalento.com, or contact us at 0039.0836.600.284, will be glad to answer to all of your questions.



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Retreat Program

SATURDAYS

From 3:00 pm
8:00 pm
9:00 pm

Arrival at Agricola Samadhi Registration and accommodation in the rooms.
Organic Dinner at La Cucina del sole
Welcome & Intro meeting with the teacher, the staff, the location, treatments

SUNDAYS

from 7:30 am
10:30 - 11:30 am
12:00 - 5:00 pm
5:00 - 6:30 pm
8:00 pm

Morning Yoga Practice Santosha Yoga Shala in the Masseria
Organic Brunch at La Cucina del sole
Free Time
Afternoon Yoga Practice
Organic Dinner at La Cucina del sole

MONDAYS

from 7:30 am
10:30 - 11:30 am
12:00 - 5:00 pm
5:00 - 6:30 pm
8:00 pm

Morning Yoga Practice Santosha Yoga Shala in the Masseria
Organic Brunch at La Cucina del sole
Free Time
Afternoon Yoga Practice
Organic Dinner at La Cucina del sole

TUESDAYS

from 7:30 am
10:30 - 11:30 am
12:00 - 8:00 pm
8:00 pm

Morning Yoga Practice Santosha Yoga Shala in the Masseria
Organic Brunch at La Cucina del sole
Free Time
Organic Dinner at La Cucina del sole

WEDNESDAYS

from 7:30 am
10:30 - 11:30 am
12:00 - 5:00 pm
5:00 - 6:30 pm
8:00 pm

Morning Yoga Practice Santosha Yoga Shala in the Masseria
Organic Brunch at La Cucina del sole
Free Time
Afternoon Yoga Practice
Organic Dinner at La Cucina del sole

THURSDAYS

from 7:30 am
10:30 - 11:30 am
12:00 - 8:00 pm
8:00 pm

Morning Yoga Practice Santosha Yoga Shala in the Masseria
Organic Brunch at La Cucina del sole
Free Time
Organic Dinner at La Cucina del sole

FRIDAYS

from 7:30 am
10:30 - 11:30 am
12:00 - 5:00 pm
5:00 - 6:30 pm
8:00 pm

Morning Yoga Practice Santosha Yoga Shala in the Masseria
Organic Brunch at La Cucina del sole
Free Time
Afternoon Yoga Practice
Organic Dinner at La Cucina del sole

SATURDAYS

10:00 am
10:00 - 11:30 pm

Check out (luggages in the reception)
Organic Breakfast at La Cucina del sole