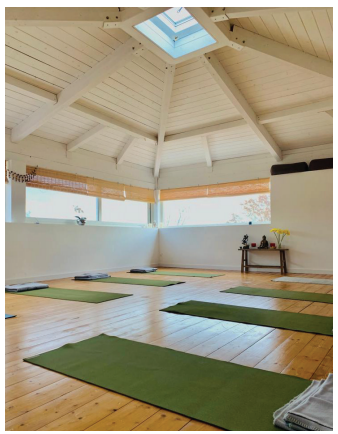
YOGA HOLIDAY in PUGLIA, ITALY

Ashtanga Yoga Retreat with Basia Larsen

October 25-31 2025

www.yogapulia.com

A chance to escape and focus on your ashtanga practice while enjoying the stunning Itria Valley, Puglia, surrounded by beautiful countryside, olive trees, vineyards and home of the Trulli (round stone-built houses with cone-shaped roofs). If you fancy taking a break from lazing around by the pool or relaxing in the peaceful setting of the retreat centre, there are lots of great things to do in the nearby area. An optional element offered during this retreat will be **plein air sketching** with Basia during walks, hikes, outings to charming nearby towns and beaches.



The retreat is limited to a maximum of 12 students to allow for a more personal and intimate experience.
English, French, Polish, Japanese speakers are welcome!

Cost 940EU per person (twin room)
1080EU per person (private room)
Deposit 150EU (non-refundable)

What is included:

- *6 nights accommodation consisting of six twin bedrooms and one double bedroom all with private ensuite bathrooms.*
- *2 delicious plant based meals daily, to include breakfast/brunch and evening dinner*
- *Light snacks and refreshments including, a selection of teas, coffee, water & fruit*
- *Wi fi internet connection*
- *Daily morning Ashtanga mysore self-practice and guided classes for beginners.*
- *Afternoon yoga classes that feature a gentle flow, guidance in technique, breathwork and relaxation.*
- *Sketching in plein air classes*
- *Swimming pool*

Indulge in mouthwatering plant based food, luxury accommodation, stunning views, some of the best Mediterranean beaches in Italy and charming historical towns.
The international airport at Brindisi is approximately 40 minutes drive away and Bari is further to the north approximately 55 minutes drive.
Hiring a car in Puglia is relatively inexpensive and provides a great way to explore the surrounding countryside, local historical towns and beaches.

About Basia www.basialipskalarsen.com

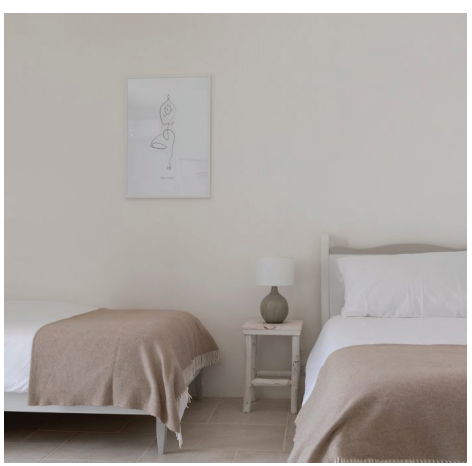
YOGA HOLIDAY in PUGLIA, ITALY

Ashtanga Yoga Retreat with Basia Larsen

October 25-31 2025

Accommodation and Facilities
The retreat centre is set in 2.5 acres of grounds in a valley filled with olive and almond groves.

Accommodation consists of six twin rooms and one double room all with private ensuite bathroom. All rooms have been renovated to a high standard using locally sourced materials, to create a luxurious yet simple and understated feel. A large outdoor courtyard provides the main communal eating space, and several outdoor terraces offer a place to relax in the sun or the shade. Situated at the heart of the complex, the swimming pool acts like a colourful meeting point – with the blue water combining with the green olive trees and the red soil.



Food plays a central role in both our yoga practice and life. YogApulia believes food should be varied, unprocessed and nourishing to promote energy and wellbeing. The food we serve is predominantly plant based with some vegetarian options. All produce we source and grow at YogApulia is local, seasonal and organic wherever possible. Refreshments are also available throughout the day and include tea, coffee, water & fruit.

Sketching Activities
The added option of journaling and sketching classes are for every level. It is another way to relax and cultivate a heightenned feeling of presence. We will be sketching the nature and architecture scenes during walks to the village of Casalini and noon trips to Cisternino, Martina Franca and Alberobello (a UNESCO World Heritage site). Pack an A4 or A5 size sketchbook, various grade of pencils, fine black markers to start. One may also bring a small watercolour set.

YOGA HOLIDAY in PUGLIA, ITALY

Ashtanga Yoga Retreat with Basia Larsen

October 25-31 2025

Main Teacher Basia is a respected yoga icon in Poland, Norway and Japan who has been teaching for over two decades. She has developped and taught yoga teacher training programs and has been involved with creative yoga collaborations in the form of production, illustration, performance, art direction, styling, yoga sequencing and authoring. She currently offers yoga classes and teacher trainings in Wroclaw, Poland and also teaches Visual Arts at an international highschool. www.basialipskalarsen.com

Morning Yoga Practice

Mysore-style yoga sessions are offered every morning of the retreat. Those who have attended led ashtanga classes and are familiar with the sequence are invited to practice at their level (primary, intermediate, advanced). The morning class is also for those who are beginners to Ashtanga Yoga

Afternoon Yoga Sessions

Afternoons will be dedicated to technically-based flows that incorporate fitness elements woven into arm/balances, inversions, backbending, hip-openers and balance postures. All afternoon classes will include restorative stretching, pranayama (breathing exercises) and relaxation.

SCHEDULE

Saturday - *Arrivals Check-in 3pm*
18:00 Introductions & dinner

Sunday, Monday, Wednesday
8:00-10:00am Mysore Self-practice
(9:00-10:00am Ashtanga guided class for beginners)
10:30 Brunch
Optional sketching group trip
17:00 Technical flow, breathwork, relaxation
18:30 Dinner

Tuesday, Thursday
8:00-10:00am Mysore Self-practice
(9:00-10:00am Ashtanga guided class for beginners)
10:30 Brunch
17:00 Free time
18:30 Dinner

Friday *7:00-9:00 Led Primary class*
Light Breakfast, Check-out by 11:00am

BOOKING DETAILS

In the title of the transfer, please enter:
Yogapuglia Retreat 2025
and send a transfer confirmation to:
barbaralipskalarsen@gmail.com

TRANSFER DETAILS

LIV-ART BARBARA JADWIGA LARSEN
Account number:
PL 20 1140 2004 0000 3702 8042 4817
More Information:
barbaralipskalarsen@gmail.com