

SICILY ITALY

OCT 1-8, 2022

ASHTANGA YOGA RETREAT

WITH CHRISTINE HOAR • ASHTANGA MONTAUK

OUR RETREAT INCLUDES:

- **7 NIGHTS ACCOMMODATIONS:**

Room options range from double to single rooms.

- **2 YOGA CLASSES DAILY:**

Meditation and pranayama, followed by a traditional Mysore class in the morning. Exploratory and restorative yoga sessions and dharma talks in the afternoon.

- **2 ORGANIC MEALS DAILY:**

Delicious vegetarian food with farm ingredients

- **PRICING:**

Single rooms (very limited): \$2400

Double room: \$1900

(Airfare and transfer not included)

- **REGISTRATION:**

Please fill out our registration form and send a non-refundable deposit of \$600 by May 1 to secure your spot. Final balance due Aug 1, 2022.

- **BOOKING:**

Contact Christine at christine.hoar@gmail.com

www.ashtangamontauk.com

Danena Sicily

Danena is a 19th century farmhouse - *La Masseria* - situated in the luscious natural landscape of southeastern Sicily surrounded by the breathtaking Mediterranean Sea. Set in amongst olive groves, on a country lane away from noise and neighbours, Danena is just 15 minutes south from the unspoilt World Heritage town of Noto—one of Italy's most beautiful historical centres; and moments away from some of the most wonderful beaches and historical sites such as Siracusa, Modica, Scicli, Ibla.



Accommodations

All 12 rooms are equipped with egyptian cotton sheets and towels, complimentary organic toiletries, and wifi. You can relax fully in the patio areas, by the pool, in your room or on the sunny roof terrace. Check-in starts at 3:30pm, check-out is at 10am.



Yoga Shala at Danena

We will have our choice between a large indoor yoga/meditation studio that can fit up to 25 people, equipped with props, and a large outdoor yoga platform that can fit up to 15/20 people.



Communal Spaces

Danenas main villa has a harmoniously decorated living room, an interior dining room, and an exterior breakfast/dinner terrace overlooking the hills and olive groves. Danena also offers a fresh water infinity pool, lots of different patios, a stunning sunset terrace and a massage/therapy room.



Cucina

Two delicious vegetarian meals will be prepared daily by chef Antonio for us, inspired by the mediterranean diet and all the wonderful local ingredients. Fun fact: Gelato is a traditional breakfast in Sicily!! The best Gelato is made in Noto at *Caffè Sicilia* (featured in Netflix's *Chefs Table* show) See [link!](#)



Activities

There is plenty to do! Enjoy walking through plantations of almonds, olives and watermelons fields or cycling on trails amongst the groves, hiking in the most beautiful nature reserve by the sea – **Vendicari**, relaxing poolside and of course visiting the wonderful beaches or exploring the sicilian historical towns Siracusa, Noto, Ragusa. Exploring the active vulcano Mount Etna with a guide is also an option. We will enjoy a cooking class with chef Antonio. Optional is a wine tasting trip to nearby wineries. Danenas lovely therapists offer body treatments. While in Italy, we will practice the art of **Dolce Far Niente**.



Getting there



Danena Sicily is a one-hour drive south from Catania airport, on the island's east coast. Danena retreat centre is situated 10 minutes drive from Rosolini, 20 minutes from Noto and 15 minutes from some of the most wonderful beaches in Sicily.

It's easiest if you can get a flight into **Catania**, just over an hour from us, though many international flights land in **Palermo** (three hours away). If you have time, spend a few days in Palermo, a very beautiful city, worth a visit... Danena Sicily recommends the following hotels in Palermo: Hotel Porta Felice, Grand Hotel Piazza Borsa, and Grand Hotel Wagner.

We use www.skyscanner.com or <https://www.google.com/flights>. Direct flights to Catania are offered from **Milan, Rome, London, Paris** with Easy Jet. Also check Alitalia. Once in Sicily you preferably will rent a car, which is easy enough to do at either airport. Fortunately, the main highways—like the A18, which connects Catania to Syracuse and Noto—are smoothly paved. Be sure to request a car with GPS since reception can be spotty if you're reliant on Google Maps (especially with a limited data plan).

Alternatively we could arrange transfers for you from Catania. It's a 60 min. drive from/to the airport.
Up to 2 people 100 euros / 3 people 120 euros / 4 people 140 euros / 5 to 7 150 euros

Retreat Location:

Please click here!

<https://www.google.com/maps/place/36%C2%B047'02.3%22N+14%C2%B059'53.0%22E/@36.7839722,14.9958669,17z/data=!3m1!4b1!4m5!3m4!1s0x0:0x0!8m2!3d36.783982!4d14.998064?hl=en-GB>

Danena, 96017 Noto, Province of Syracuse, Italy

<https://www.danenasicily.com/>

Check-in: Saturday, Oct 1, 3pm

Welcome Dinner Saturday at 6pm

Check-out: Saturday, Oct 8, 10am

- The southeastern tip of Sicily, between Syracuse and Noto in the east and Ragusa and Modica to the west—is full of sleepy hilltop towns, accessible Greek ruins, and unspoiled beaches all within a 17-mile radius.
- This region of southern Italy has all the history of Rome along with the small-town breezy seaside charm of the Cinque Terre.
- Noto, a UNESCO-protected, eighteenth-century Baroque masterpiece of town planning is just 20 minutes from **Danena**.

—CNN Traveller

Activities

BODY TREATMENTS

Deep tissue massage 1hr - 60 euros | Relaxing massage 1 hr - 60 euros | Craniosacral 1hr - 60 euros | Shiatsu 1 hr - 60 euros
Facials - 50 euros

GIASIRA WINE TASTING

UNDER THE STARS: Starts around 6pm and ends after 9, it includes dinner and drinks, visit of the vinyards by a beautiful Canyon under the stars. 60 euros pp

BASIC TASTING: It can start at anytime of the day, visit the vinyards + tasting. 30 euros per person

COOKING CLASSES with our chef Antonio (included in the trip!)

BOAT TRIPS on the coast from Vendicari to Portopalo. Starts at 60 euros pp half day including drinks and snacks

VENDICARI HIKES - its free unless you need a guide: <http://www.vendicari.net/>

ETNA VULCANO DAY TRIP - Prices on request depending on the size of the group

Plus....

Pack lightly! Less is always more. Sicily is still pretty warm in early October. Bring some warm clothes for colder days and the evenings, but also pack your swimsuits and lighter clothes for the sunny days around the property and visiting beaches and nearby towns. For those of you who want to go hiking, we suggest you bring suitable footwear.

Weather

Octobers in the Sicily are usually warm, with an average daytime temperature of 70-75 F, and an average overnight minimum temperature of 55-60 F.

Passport

U.S. citizens may enter Italy for up to 90 days for tourist or business purposes without a visa within any 180-day period. Your passport should be valid for at least three months beyond the period of stay.

Currency

Italy uses Euros

Expenses

Extra activities at Danena can be paid in cash. They don't have a credit card machine.



Christine has been a practitioner of Ashtanga Yoga for 27 years and has been teaching for 24 years. Specializing in the integration of the Ashtanga method with the principles of Ayurveda and the depth of Yogic philosophy, Christine offers students unique insights into the Yogic lifestyle. She has made many trips to Mysore, India to study with the late Sri K. Pattabhi Jois, and she is honored to have received his blessing and authorization to teach.

Christine is also a certified Ayurvedic consultant. As a practitioner, she is devoted to creating health and joy by fostering an awareness of the karma associated with our lifestyle choices and our connection to all of nature. As a teacher, she integrates alignment and intuition, strength and fluidity, mindfulness and humor. Christine is passionate about the teachings, and brings a gentle, compassionate, and light-hearted, yet powerful, hands-on approach.

A
M
ASHTANGA MONTAUK



**To book your retreat, contact Christine Hoar
e: christine.hoar@gmail.com, t: 802.238.3735
www.ashtangamontauk.com**

SICILY YOGA RETREAT 2022

with Christine Hoar (Ashtanga Montauk)

October 1–October 8, 2022

REGISTRATION FORM (separate form required for each traveler)

Name.....
Expiration date of passport.....
Date of birth.....
Email.....
Phone: home..... mobile

Address.....

City..... State..... Country..... Zip.....

Occupancy desired*:

..... Single room (very limited) \$2400

..... Double room \$1900 per person

*First come, first-served

Roommate request: Name

Traveling in a group, please name your friends

Traveling solo, please select a roommate for me

Dietary restrictions..... Allergies..... other.....

\$600 non-refundable deposit due with registration form.

Full Payment due Aug 1, 2022.

Signed..... Date.....

Make checks payable to [Ashtanga Montauk](#) and mail to: Christine Hoar, PO Box 872, Montauk, NY 11954
Zelle payment also accepted. Payments via Venmo and Paypal have a 3% transaction fee.

We look forward to sharing this experience with you!

Christine Hoar, Ashtanga Montauk, christine.hoar@gmail.com, 802.238.3735

RETREAT CANCELLATION POLICY If you need to cancel your reservation more than 60 days before the scheduled retreat date, you will forfeit your de-posit, unless we are able to fill your spot with another participant.Cancellations made 60-30 days prior to the retreat date are subject to a cancellation fee in the amount of the full de-posit.We regret that any cancellations within 30 days or less are subject to a cancellation fee in the amount of 100% of the retreat cost. Fees are completely non-refundable and non-transferable. Exceptions to our policy cannot be made for any reason. We do not offer credit for arriving late or leaving early. We are NOT responsible for your expenses incurred in preparation for any canceled retreat, such as airline tickets, loss of work, and/or other costs associated with preparing for your trip. There is no exception to cancellation policy including weather or personal emergencies, flight cancellations or delays. We recommend purchasing Travel Protection Insurance through a qualified agent. If we must cancel a retreat, there will be 100% refund on all funds received to date. Thank you for understanding and respecting the cancellation policy.