

A RELAX WEEK AT VILLA SAN COSMA

* The program can be modified and / or supplemented according to customer requirements

SATURDAY:

Arrival at the hotel for check-in
Yoga class to relax after the trip
Welcome cocktail

SUNDAY:

Tour of Ravello: Villa Rufolo, Villa Cimbrone and the Duomo
Walk to Torre Dello Ziro
Lunch in a small town called Pontone
In the afternoon lecture Yoga, Breathing Relaxation and meditation
Dinner in Ravello

MONDAY:

Visit of Amalfi or excursion to the Emerald Grotto
Free Lunch
Afternoon in villa dedicated to shiatsu and Ajurveda massage
Free dinner

TUESDAY:

Sunset tour
Visit at the workshop: production of mozzarella and tasting
Wine tour and wine tasting with light lunch
- Visit to the cellar with explanation of the production process
- Guided tasting of our wines
Return to the villa
Ci cong lesson
dinner

WEDNESDAY:

Walk to the Valley of the ironworks starting from Ravello
Yoga class in the park
Lemon tour
free time
dinner

THURSDAY:

bioenergetic activities with ci cong lesson and meditation
cooking class

Free afternoon

Dinner in villa with typical music

FRIDAY:

Visit of Sorrento and Positano

Free Lunch

Afternoon: yoga class in the villa

Free dinner

SATURDAY:

Departure Greetings