

Sunflower Retreats

Italy & Costa Rica

EUROPE



THE PLACE

Italy: Casperia a beautiful Italian pedestrian hilltop village just an hour from Rome in the Sabina hills.

Costa Rica: Mal Pais eco jungle lodge on the Nicoya Peninsula in the heart of the Cabo blanco nature reserve on the pacific coast

THE YOGA

A team of international yoga teachers trained in a range of styles which includes Hatha Yoga, Vinyasa Flow, Iyengar, Ashtanga, Kundalini, Divine Feminine Yoga, Yin, restorative, meditation, Yoga Nidra and more.

THE FOOD

A delicious range of locally sourced and organic food with vegetarian and vegan options. Will also cater for people with special diet requirements.

THE ACCOMMODATION

Most of bedrooms are with en suite bathrooms with many single



The Unique Stuff

A retreat for people who prefer an authentic, natural, grounding and holistic holiday experience, from a low-profit sustainable travel organisation. In this way Sunflower Retreats has supported the principles of sustainable and ethical tourism since 1998 in Italy and beyond. You sure to meet many international travellers & make new friends

room options. You can choose a more budget option or there are also luxury room options too.

THE ACTIVITIES

Expect a wide range of optional ayurveda and holistic treatments and other activities at both locations. Including: painting classes, cooking lessons, horse riding, Italian or Spanish lessons, cycling, walks, paddle boarding, surfing.

THE INFO

Prices range from £500 depending on room chosen and accommodation option. Four or six night stay options. Flights not included.



Skype: 01273 782 196
0039 3331893092
sunflowerretreats.com