



DO.BE.SEE. YOGA

A feel good yoga & fitness retreat in the heart of Puglia



Casina Metrano on the estate of Castello Monaci, Salento, Puglia

11 - 15 November 2016

Imagine taking a break from the everyday, deepening your yoga practice among the olive groves; simple, honest and delicious farm to table food; wine tastings; exploring the local sights.

Bring your yoga mats and good vibes!

Miruna, Nicole, Oana

hello@dobesee.net

 [do.be.see](https://www.instagram.com/dobesee)





YOGA & FITNESS EXPERIENCE

Luana, our trainer during the retreat, will combine a dynamic yoga practice with various fun fitness sessions.

She has been in the industry since 2001 and her Yoga sessions heal and detoxify the body and mind. With a holistic approach to life, Luana is a qualified Ashtanga Yoga teacher, a Reiki master and a skilled personal trainer.



MEET US IN SALENTO



Salento is the southern end of the Italian peninsula, the heel in Italy's boot in the Puglia region.

To some, this is the real unspoiled Italy with a mixture of white sandy beaches and rocky bays on the coastline, land dotted with centuries old olive groves on the mainland, charming old town centres and a wholesome cuisine based on simple and natural ingredients that grow on this beautiful land.

To us this is where simplicity shines and is most beautiful.



Tour the limestone filled town of Lecce



Trulli are a special sight in Puglia, ancient homes entirely built of stone



Enjoy white sandy beaches on Italy's own Maldivé beach

GETTING THERE

Airport transfers will be provided to and from Brindisi airport. Flights to Brindisi operate from all major airports either direct or via Milan or Rome. Airfare not included in cost of the retreat.





BOOK YOUR FEEL GOOD YOGA AND FITNESS RETREAT

SINGLE ROOM ACCOMMODATION

£800

Spoil yourself in a beautiful single room
with a queen size bed

SHARED ROOM ACCOMMODATION

£640

Share a spacious room with twin beds



Booking: we have 7 spaces left.
50% non refundable deposit required to
book with remaining 50% due 2 weeks
prior to retreat.

Contact us for more information:
hello@dobesee.net

SPOIL YOURSELF ON CASTLE ESTATE

Our home for the retreat will be a characteristic farmhouse on the gorgeous estate of Castello Monaci. The villa dates back to the 1500s but has been restored to offer great comforts and is set among the castle's vineyards and old olive groves.



INCLUDED IN YOUR RETREAT

- Four-nights accommodation in the comforts of Casina Metrano
- Transfers to and from Brindisi airport - timings TBC
- Daily yoga sessions, fitness trainings and various walks or hikes
- Fresh, organic, authentic Pugliese cuisine: breakfast, lunch & dinner (we can tailor to dietary requirements)
- Welcome aperitivo on arrival
- Local wines from Castello Monaci served with dinner
- Indulge & explore experiences
 - Wine tasting tour at Castello Monaci: Explore the castle's vineyards, learn about wine making and sample whites & reds in the beautiful setting of the castle's Museo del Vino
 - Tour of Lecce, Florence of the South: Discover the south's baroque jewel in a tour of Lecce's historic centre and enjoy dinner in a local osteria



Start a peaceful morning by the pool



Delicious food cooked by our local chef



Sample Salento's finest wines