



You are invited to join

TRIYOGA Retreat with Tarini

Senior Teacher from California

**JUNE 3 to 8, 2020 on the
beautiful Island of S. Pietro (Sardinia), Italy**

Program:

June 3 5pm Opening the Retreat
 5.30-7.30pm TY Session with Tarini
 8.30pm Dinner at Hotel Paola

June 4-7 Daily 2 TY Session with Tarini (one before breakfast, one before dinner)

During the day one can enjoy free time or join "extra activities" coordinated by Amira (s. "Extra Activities" below)

June 8 TY Session with Tarini before breakfast
 Breakfast and closure of Retreat

HOTEL PAOLA:

Everyone feels welcome at HOTEL PAOLA. One local family is owning this Hotel since many decades. Hotel Paola is located at the Ocean a few km away from Carloforte, the main village on the island. Traditional local cuisine is served, for ex. "bobba" special fava beans soup. During the Retreat we will enjoy vegan and vegetarian food.

Included in Retreat Price:

5 nights in twin room, with private bathroom, small terrasse, half board (breakfast and dinner) and TriYoga Program with Tarini

***** 490 Euro pp in twin room**

***** 590 Euro pp for twin room single occupancy**

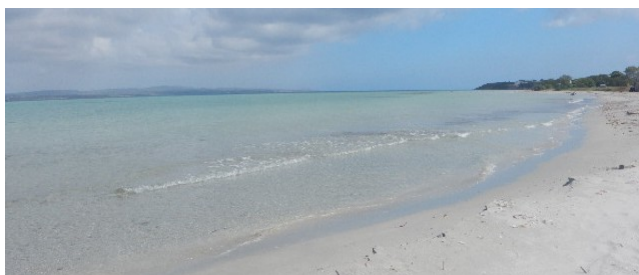
⇒ **EARLY BIRD PRICE FOR REGISTRATION BY FEBRUARY 1st, 2020:**

*****450 Euro pp in twin room**

***** 550 Euro pp for tiwn room single occupancy**

Extra Activities (coordinated by Amira):

Visiting Carloforte village; boat island trip (half day); SUP Yoga tour visiting the marine caves; meditative walks in nature; Aqua Fun; Scuba dive and more depending on group's request



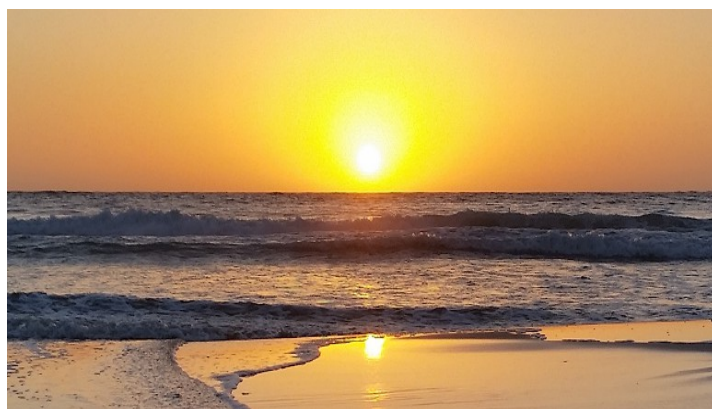
More infos:

The island of S.Pietro is situated S/W of Cagliari, Sardinia.

During summer season there are direct flights from main European cities to airport Cagliari ELMAS. Depending on arrival time at airport Cagliari ELMAS there are group shuttles (18 Euro pp one way) to the harbor PORTOVESME. From the harbor take the ferry to CARLOFORTE, the main village on the small island of S. Pietro. Group shuttle can be booked by Amira.

One can also rent a car at arrival at the airport. You will may be feel more free to ride and visit the island by your own car. Ideally 2-4 people can book one car together and share.

Ferry tickets for car and passengers can be booked online at www.delcomar.it.





TRIYOGA Retreat with Tarini ~ JUNE 3 to 8, 2020 ~ Island of S. Pietro, Italy

REGISTRATION FORM

Name _____ Family name _____

Address _____ ZIP/City _____

Phone _____ eMail _____

HEREWITH I REGISTER FOR THE ABOVE MENTIONED RETREAT:

Prices as mentioned in the flyer:

I choose

490 Euro pp in twin room

590 Euro pp for twin room single occupancy

EARLY BIRD for Registration by FEBRUARY 1st, 2020:

450 Euro pp in twin room

550 Euro pp for twin room single occupancy

VEGAN FOOD Yes No

VEGETARIAN FOOD Yes No

Date and place: _____ Signature: _____

Please send your registration form filled out and signed, latest by MARCH 31, 2020 to:
[**amirapace@gmail.com**](mailto:amirapace@gmail.com)

Please transfer the money 20 days after your registration, or latest by APRIL 10, 2020, to following bank account:

BNL, Groupe BNP Paribas

IBAN IT86D0100503200000000012171

BIC/SWIFT: BNLIITRRRBB

account holder: Amira Pacentra, Loc Banchi SNC, 09014 Carloforte (CI), Italy

Organisation: Amira Pacentra ~ amirapace@gmail.com
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