



You are invited to join

## **TRIYOGA Retreat with Tarini**

Senior Teacher from California

**JUNE 4 to 9, 2019 on the  
beautiful Island of S. Pietro (Sardinia), Italy**

### **Programm:**

June 4	5pm	Opening of Retreat
	5.30-7.30pm	TY Session with Tarini
	8.30pm	Dinner at Hotel Paola

June 5-8 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 9	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. handmade fresh ravioli. During the Retreat they will serve also 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

**\*\*\* 480 Euro pp in twin room      \*\*\* 580 Euro pp for twin room single occupancy**

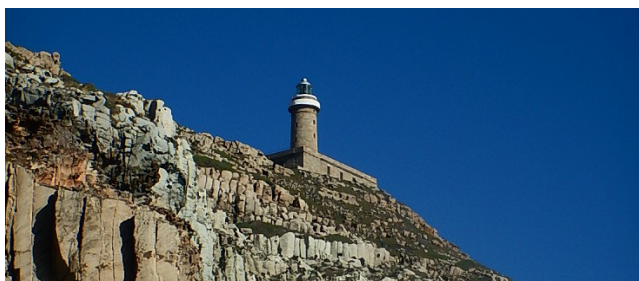
**⇒ EARLY BIRD PRICE FOR REGISTRATION BY APRIL 10, 2019:**

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

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

### **Extra Activities (coordinated by Amira):**

Visiting local market at the village (Wednesday morning); boat island trip (half day); SUP Yoga/Visiting the marine caves; meditative walks in nature; Aqua Fun; Scuba dive and more depending on group's request



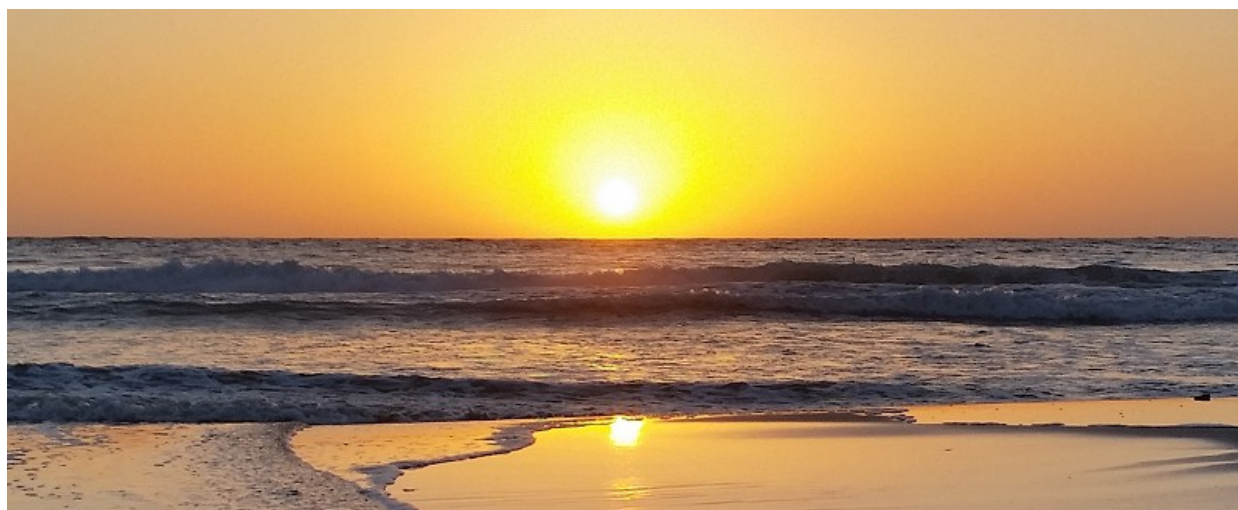
### **More infos:**

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 (15 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](http://www.delcomar.it).





## **TRIYOGA Retreat with Tarini ~ JUNE 4 to 9, 2019 ~ 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

- 480 Euro pp in twin room                       580 Euro pp for twin room single occupancy

#### **EARLY BIRD for Registration by APRIL 10, 2019:**

- 450 Euro pp in twin room                       550 Euro pp for twin room single occupancy

VEGAN FOOD    Ja    Nein

VEGETARIAN FOOD    Ja    Nein

Date and place: \_\_\_\_\_ Signature: \_\_\_\_\_

**Please send your registration form filled out and signed, latest by MAY 1<sup>st</sup> to:**  
[amirapace@gmail.com](mailto:amirapace@gmail.com)

**Please transfer the money 10 days after your registration, or latest by April 30, 2019, 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](mailto:amirapace@gmail.com)  
+39 324 8418944 (whatsApp) ~ [www.thefreespirit.ch](http://www.thefreespirit.ch)