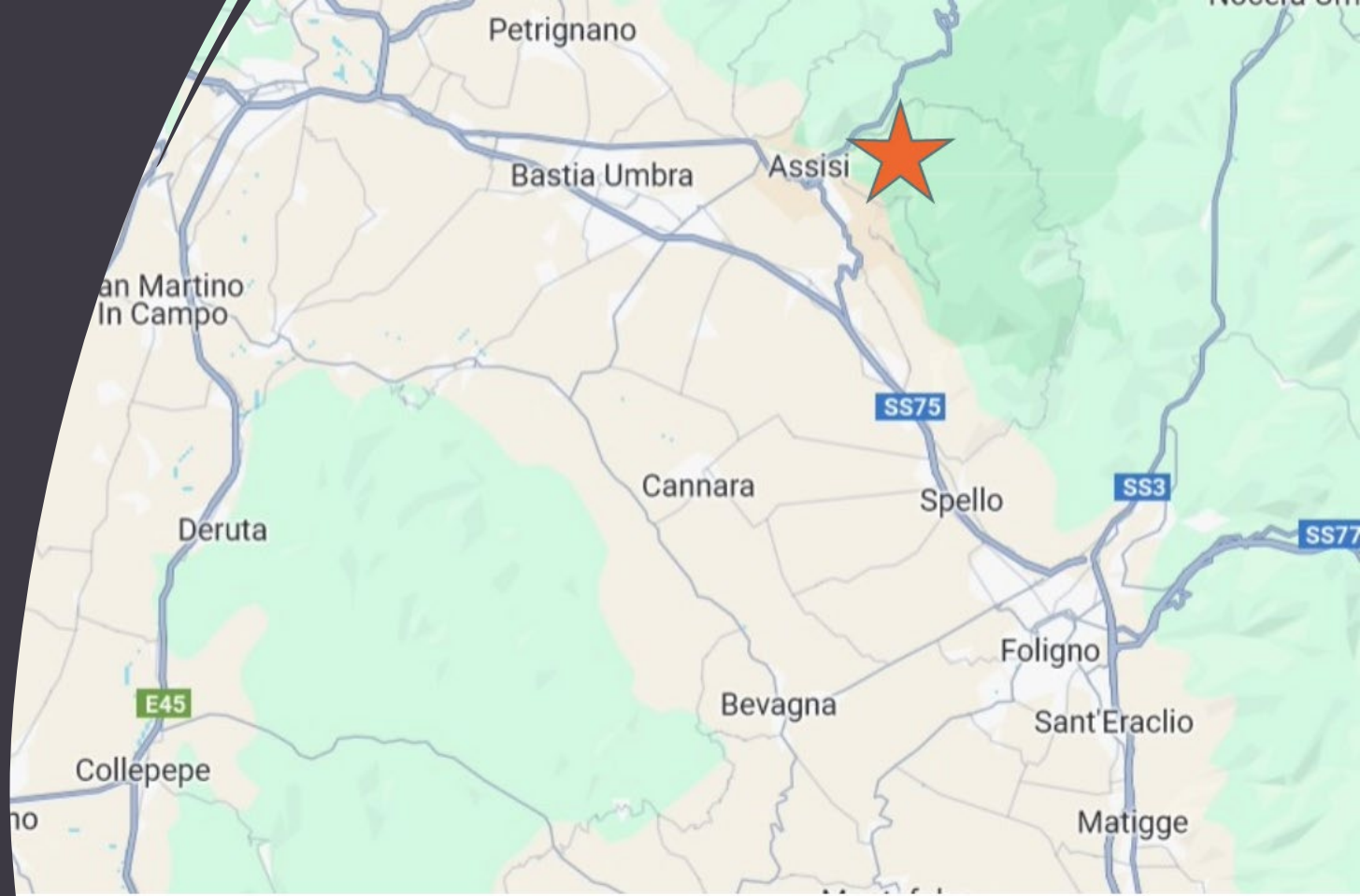


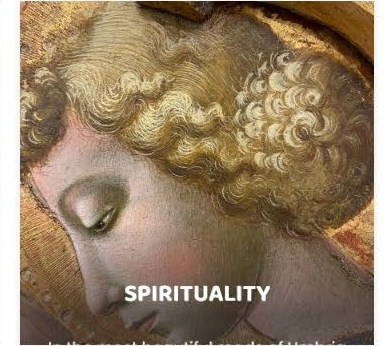
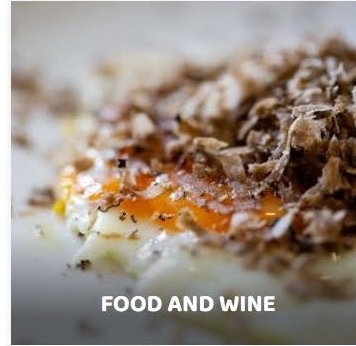


Italy 2024

LYFE Retreats

LOCATION





Umbria, A land of Experience

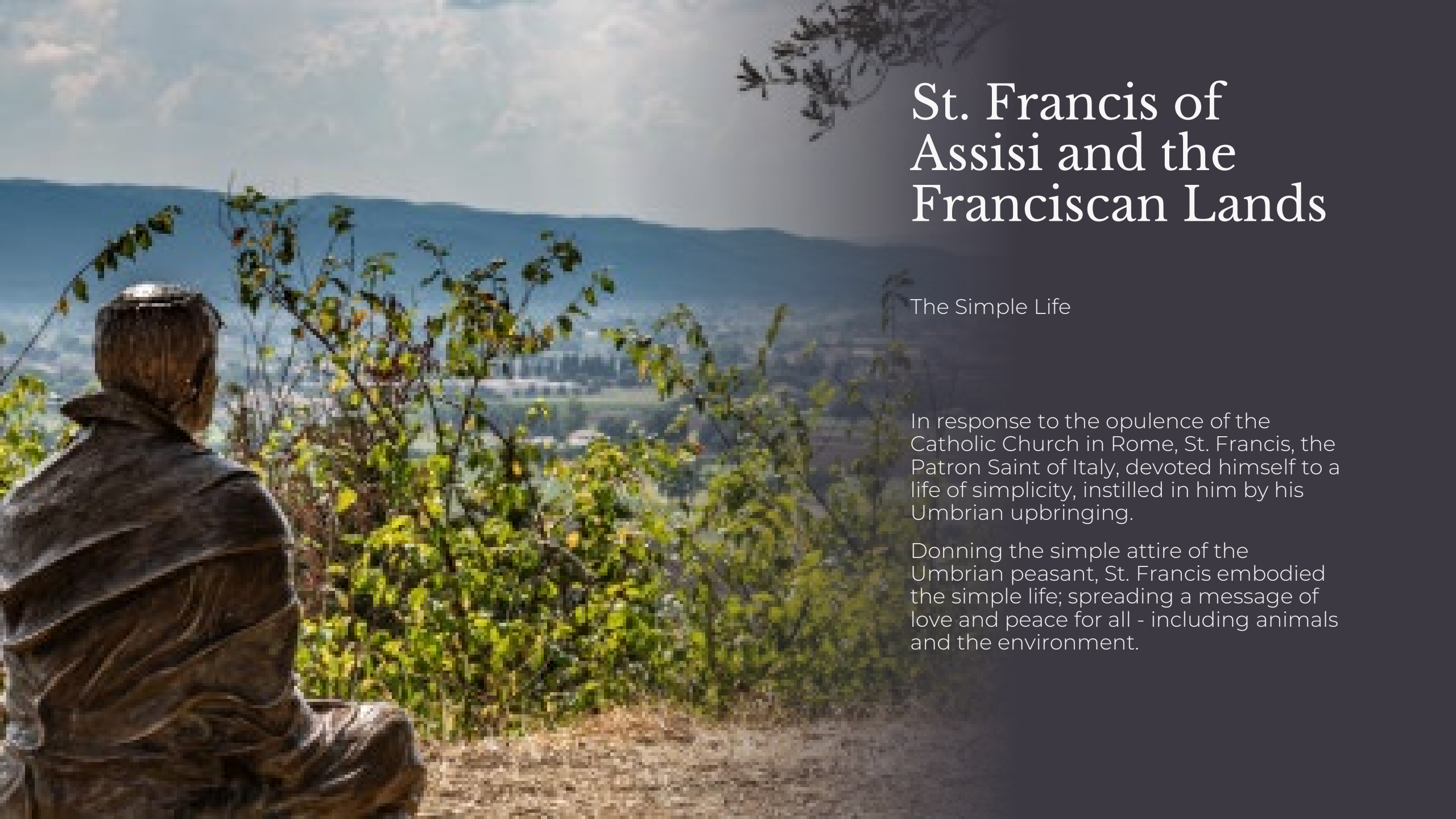
Stepping into the Umbrian region is like crossing over into a magical realm where spiritual inspirations, artistic expressions, and natural marvels seamlessly converge.

The Green Heart

Umbria, Italy

Known as the Green Heart of Italy, Umbria calls us with its picturesque landscapes, ancient olive groves, rolling vineyards and dense forests. Bordered by the enchanted natural surroundings of Monte Subasio, Lake Trasimeno and the River Nera, the entire region exudes incredible verdant beauty.





St. Francis of Assisi and the Franciscan Lands

The Simple Life

In response to the opulence of the Catholic Church in Rome, St. Francis, the Patron Saint of Italy, devoted himself to a life of simplicity, instilled in him by his Umbrian upbringing.

Donning the simple attire of the Umbrian peasant, St. Francis embodied the simple life; spreading a message of love and peace for all - including animals and the environment.

Umbria and Farmhouses

Agriturismo

Agriculturally focused initiatives that draw visitors to rustic farms. These properties are carefully selected by a governing body in specific regions and countries, including Umbria, Italy. These chosen farms stand out for their reception and hospitality while cultivating produce, forestry, and animal husbandry.

Our Farmhouse is designed for those seeking meditation, yoga, and mindfulness and ties together these practices with farm-to-table meals, offering a truly grounding and meaningful experience.



LYFE Retreats

A Spiritual and Cultural Journey in Umbria Italy

OUR AGRITURISMO





OUR PRIVATE YOGA ROOM





THE RESTAURANT





THE SPA



THE PRACTICE AND SCHEDULE

- Unique Method Compared to Regular Public Classes
- 2 Practices
 - Morning - Openings / Strengthenings
 - Evening - Restorative
- Props Available
 - 4 blankets
 - 1 mat
- Required to Bring
 - Yoga Strap
 - Eye wrap



BREAKFAST & DINNER



Our Meals

- Welcome Reception
- Daily Breakfast
 - Private Space
 - Outdoor
 - Restaurant
- 2 Evening Dinners
 - Arrival Dinner
 - Farewell Dinner



Pricing: Three Room Options



Single Occupancy

\$ 2990



Double Occupancy

\$ 2570



Triple Occupancy

\$ 2350

Pricing: How it works for Students who select a double or triple occupancy if I am unable to match them with their first room choice.

During your registration process, you will select your room type. Once all student registrations are submitted, if I am unable to place you in your room choice, you will be moved to the next available room type but will pay $\frac{1}{2}$ the difference between your selected room and the available room.

Example: Solo Travel selects Triple Occupancy but only a Single Room Type is available:

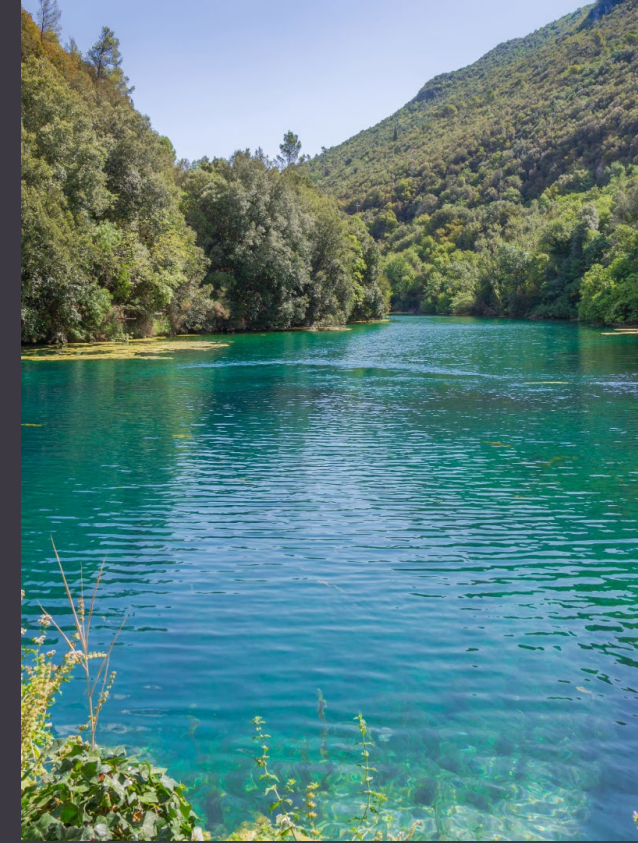


Single: \$ 2990

- Triple: \$ 2350

\$ 640 / 2 = \$ 320

Total Cost: \$ 2670



Excursions/ Events

- Opportunity to Participate
- Excursions and some Events are not included in the Retreat price.
- Pricing for each depends upon the event and number of people attending.
- Individual pricing for excursions could range from €160 - €420 with 8-12 people.



Possible Events/ Excursions



Possible Excursions and/or Special Events



OCT 3 - Arrival Day - No Excursions



OCT 4 – The Feast of St. Francis. Guided Tour of Assisi with local products tasting. Italian Movie Night!



OCT 5 - Spiritual walk from Spello to Assisi followed by En Plein Air Class



OCT 6 - Truffle hunting with dogs and Cesarina Cooking Class



OCT 7 - Hiking in Marmore Falls Park, Farm Lunch and Sound Healing Ceremony



OCT 8 - Perugia visit with Chocolate Tasting and Vipassana walk around Bosco di San Francesco (St Francis' Wood).



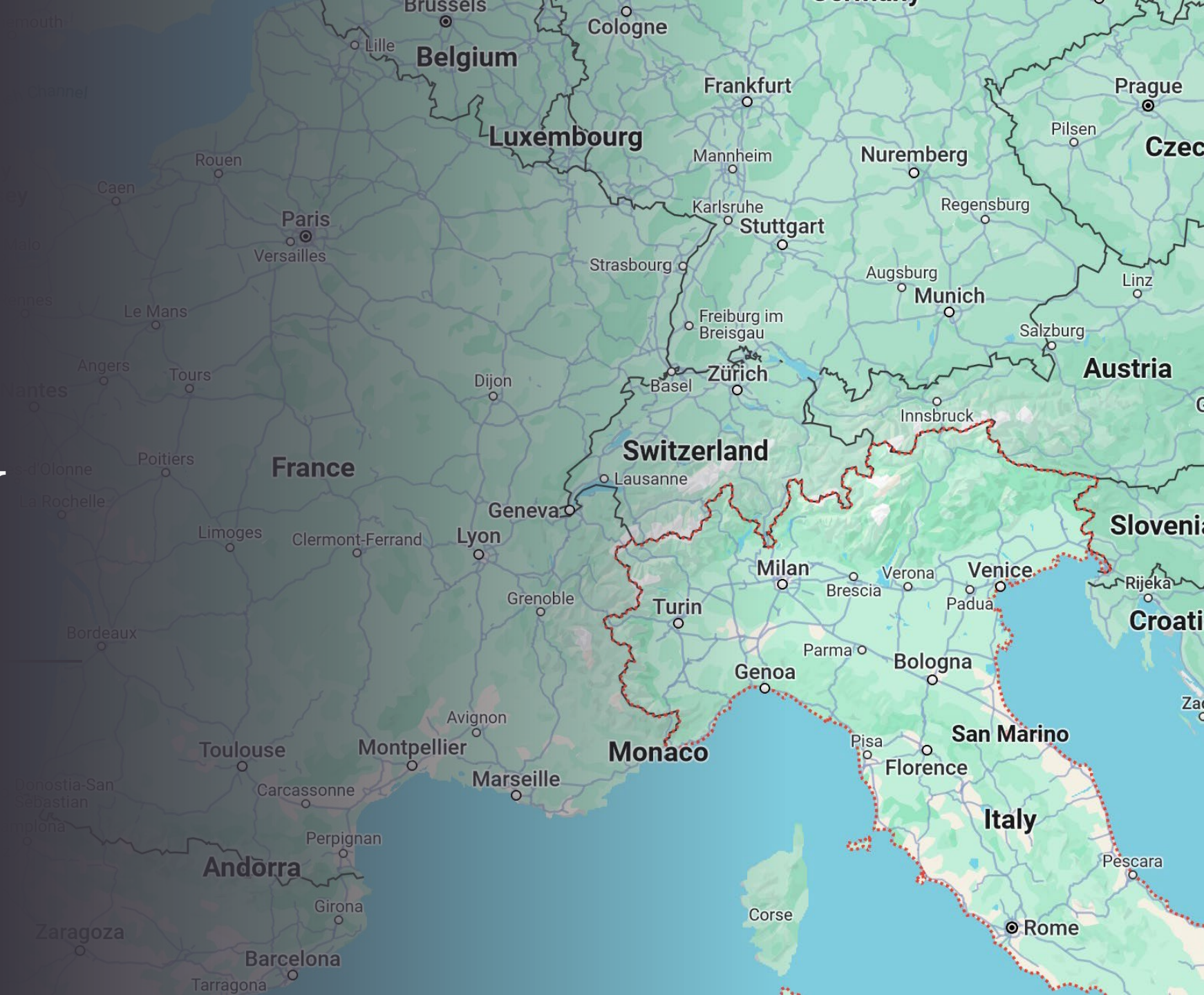
OCT 9 - Departure Day

This list includes an example of events and excursions researched specifically for this retreat. Final schedule TBA.



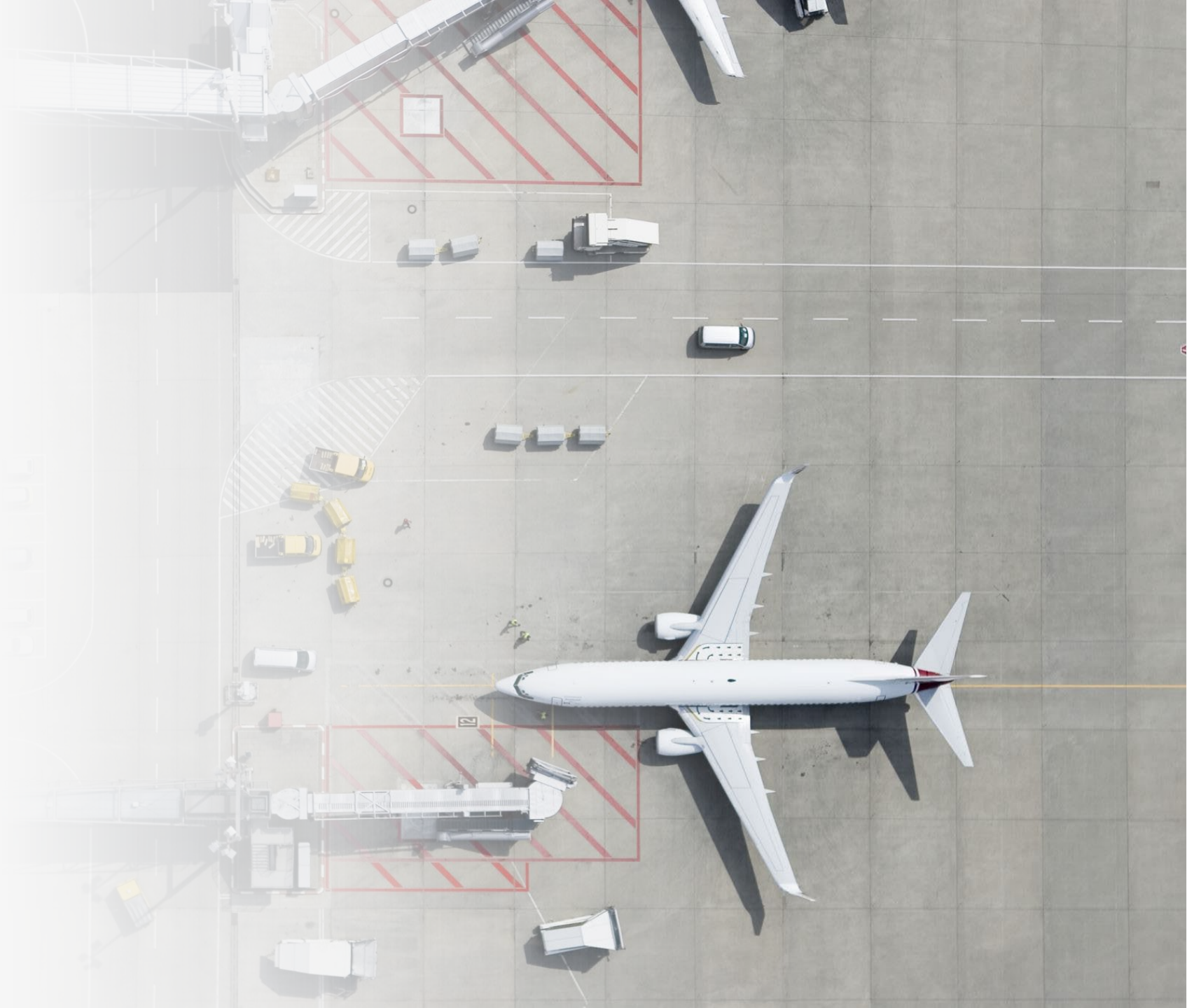
- Travel by Small Bus
- Private Tour Guide Throughout the Week
- We can mix and max the events and excursions.
- Offer 2, 3, 4 or 5 Excursions – it's up to us.
- Finalized excursions must be made 45 days from arrival date to assure availability.
- Special arrangements for people with ambulatory issues, exhaustion etc.

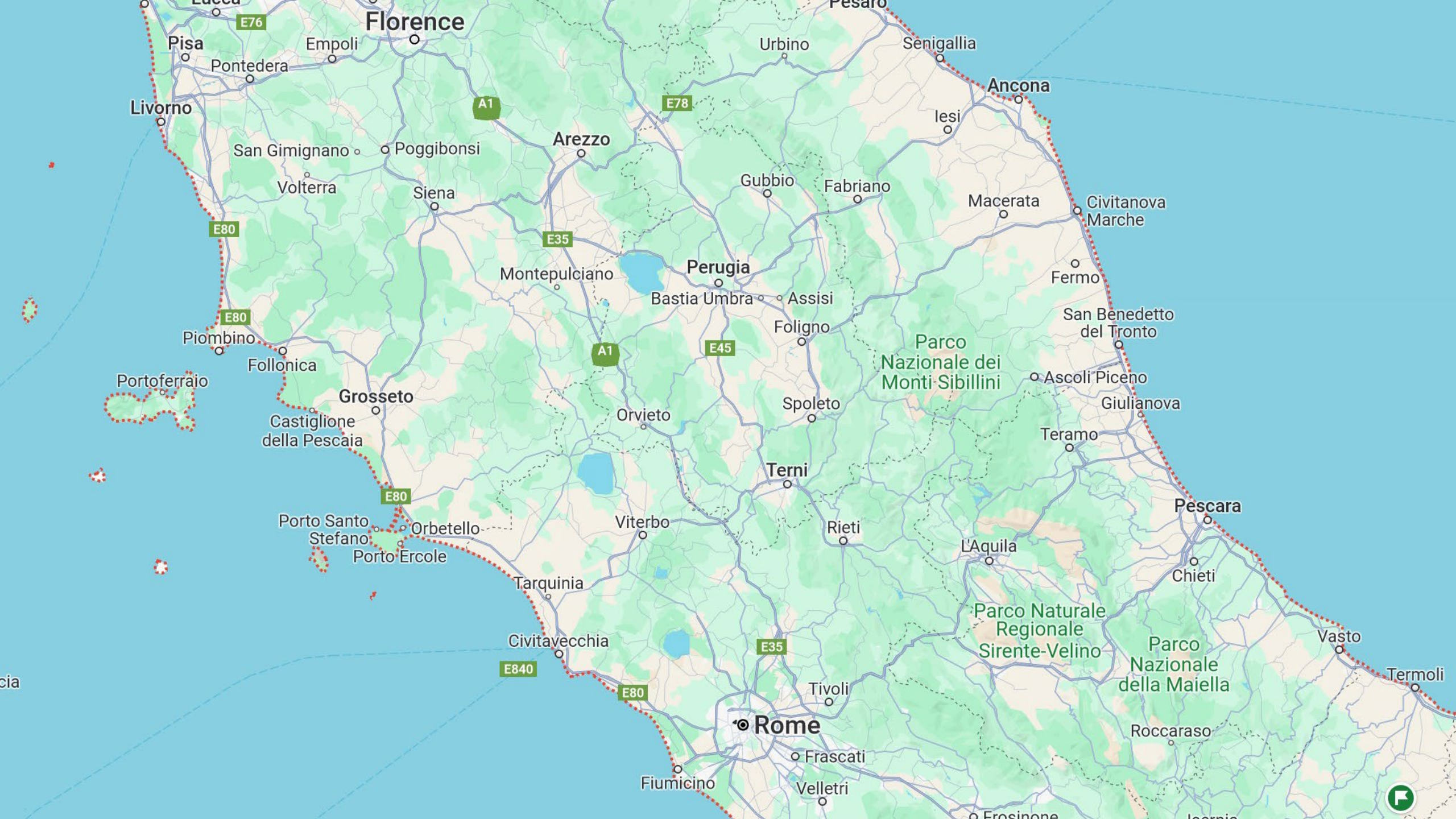
GETTING THERE



Non-Stop Flights From LAX To Italy

- Rome
- Florence
- Milan





Florence

Pisa

Pontedera

Empoli

Livorno

San Gimignano

Poggibonsi

Arezzo

Volterra

Siena

Urbino

Senigallia

Ancona

Iesi

Gubbio

Fabriano

Macerata

Civitanova Marche

E80

E35

E78

Perugia

Montepulciano

Bastia Umbra

Assisi

Foligno

Parco Nazionale dei Monti Sibillini

San Benedetto del Tronto

E80

Piombino

Follonica

Grosseto

Castiglione della Pescaia

A1

E45

Orvieto

Spoletto

Ascoli Piceno

Giulianova

Teramo

Portoferraio

Porto Santo Stefano

Porto Ercole

E80

Orbetello

Viterbo

Terni

Rieti

L'Aquila

Pescara

Chieti

Castiglione della Pescaia

Tarquinia

Civitavecchia

E840

E80

E35

Tivoli

Rome

Frascati

Velletri

Parco Naturale Regionale Sirente-Velino

Parco Nazionale della Maiella

Roccaraso

Vasto

Termoli

Erosinone

Isernia

Flights To San Francisco Airport PEG

- CAGLIARI - RYANAIR
- CATANIA - RYANAIR
- LONDRA STANSTED - RYANAIR
- PALERMO - RYANAIR
- TIRANA - ALBAWINGS
- TIRANA - WIZZ AIR
- MILANO BERGAMO - AEROITALIA - Novità Summer 2024
- BARCELLONA (El Prat) - RYANAIR - Summer 2024
- BRINDISI - RYANAIR - Summer 2024
- BRUXELLES CHARLEROI - RYANAIR - Summer 2024
- BUCAREST - RYANAIR - Summer 2024
- CRACOVIA - RYANAIR - Summer 2024
- LONDRA HEATHROW - BRITISH AIRWAYS - Summer 2024
- MALTA - RYANAIR - Summer 2024
- OLBIA - AEROITALIA - Summer 2024
- ROTTERDAM - TRANSAVIA - Summer 2024

Transfers From Perugia

Perugia Train Station Transfers

One group train station transfer from Perugia will be provided on the first day of the retreat around 1:00pm. Additionally, one group departure transfer will be provided from the retreat center back to the train station in Perugia on the last day of the retreat around 12:00pm.

Exact details will be provided after registration.



LYFE picks you up



LYFE drops you off



Schedule will be built once we receive everyone's flight information

Sample Train Station Schedule with Pricing from Rome to Perugia

Choose Class and Fare (Optional)

 A lot of demand for this route! Hurry up!

RV

03/10 08:02 - 10:44

Rome Termini - Perugia

Duration: 2h 42m


Train number: 4724

 1 adult: \$ 16.10

Step 1 of 2: Select your class

CHEAPEST CLASS!

2nd class

 Fabric seats

fare \$ 16.10

✓ **SELECTED**

1st class booking

 Extra leg room

 Increased comfort

 Larger fabric seats

fare \$ 25.00

SELECT

YOUR TICKETS



[Edit](#)

OUT 03/10 08:02 - 10:44

\$ 16.10

Rome - Perugia



Duration: 2h 42m

Ticket conditions

Tickets

 1 adult

 **\$ 16.10**

 Transactions are in EUR with an exchange rate € 1 = \$ 1.07 - European Central Bank

[Passenger Details >](#)

Sample Train Station Schedule with Pricing from Florence to Perugia

8:02 am → 10:17 am

 2h 15min • Direct

Show less ^

US\$18

One-way, 1 passenger

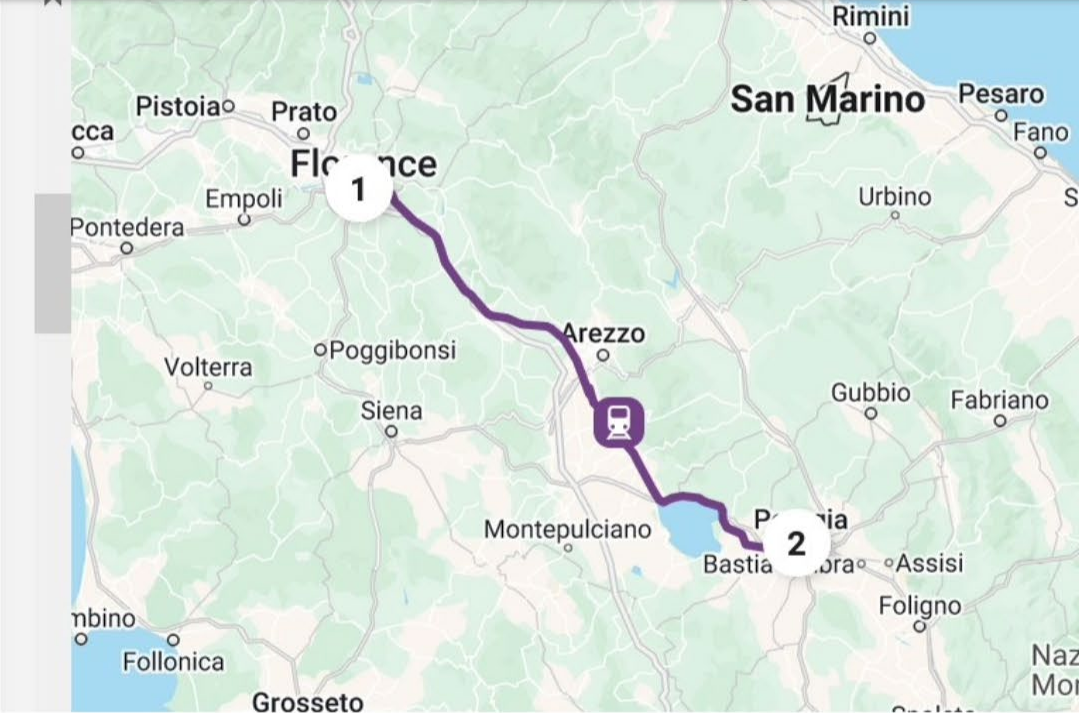
Select

8:02 am  **Florence Santa Maria Novella**
Florence, Italy

2h 15min

[Details](#)

10:17 am  **Perugia**
Perugia, Italy



Optional:

Extra Nights Pre/Post Retreat

Three Day Borgo Excursion

Getting Around



Rental Car



AC Minivans



Bicycle Rental



Taxi



Vespa Rentals

More on Taxis For Hire



Our Resort will call for Taxi

The prices range from 30,00 to 50,00 euro for each ride, to be paid prior to departure.

The closest location is Assisi city center (12 km distance, around 15 minutes) or Spello (around 30 minutes).



Travel Insurance Recommended

Individual Policy or Credit Card*

- Trip interruption
- Cancellation coverage
- Emergency medical coverage
- Travel assistance service
- * Please contact me re: paying with Credit Card





Entry/Exit Requirements

Visas are not required until 2025

A passport that is valid for a minimum of six months beyond the date of entry into Italy/EU.

From \$2350 pp

- Single, Double or Triple Occupancy
- En-Suite Bathroom with Rain Shower
- Welcome Reception
- Large Private Yoga Room
- 2 Daily Yoga Classes
- Props (4 Blankets and 1 Yoga Mat per person)
- 6x Daily Breakfast
- Evening Arrival Dinner
- Evening Departure Dinner
- Special Events TBA
- English-Speaking Guide (Train Transfers)
- Perugia Train Station Transfers in Private Vehicle



Due Dates

- Initial Deposits Due by May 15 to confirm room types
- After May 15 we cannot guarantee room type availability as bookings begin to increase from May until October for the retreat property.
- Final Deposit* Due Aug 2
- Multiple payments may be made through Zelle, PayPal and Venmo

*Please contact me about paying with credit cards



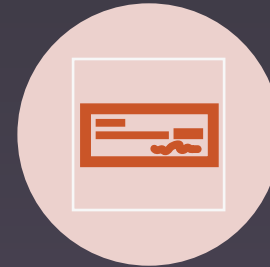
Registering



GO TO LYFE YOGA –
[HTTPS://LYFEYOGA.COM/2024-RETREAT/ITALY-REGISTRATION/](https://lyfeyoga.com/2024-retreat/italy-registration/)



COMPLETE THE
REGISTRATION



UPON REGISTRATION
SELECT THE QR CODE – TO
SEND A DIGITAL PAYMENT
OF \$500 DEPOSIT.



FINAL PAYMENT IS DUE
AUGUST 2, 2024 USING QR
CODES. MULTIPLE
PAYMENTS MAY BE USED.

QR Codes

Scan in your banking app to pay
LYFE INCORPORATED
at m...l@lyferetreats.com.



zelle[®]

Michael R

@Michael-R-28792



venmo



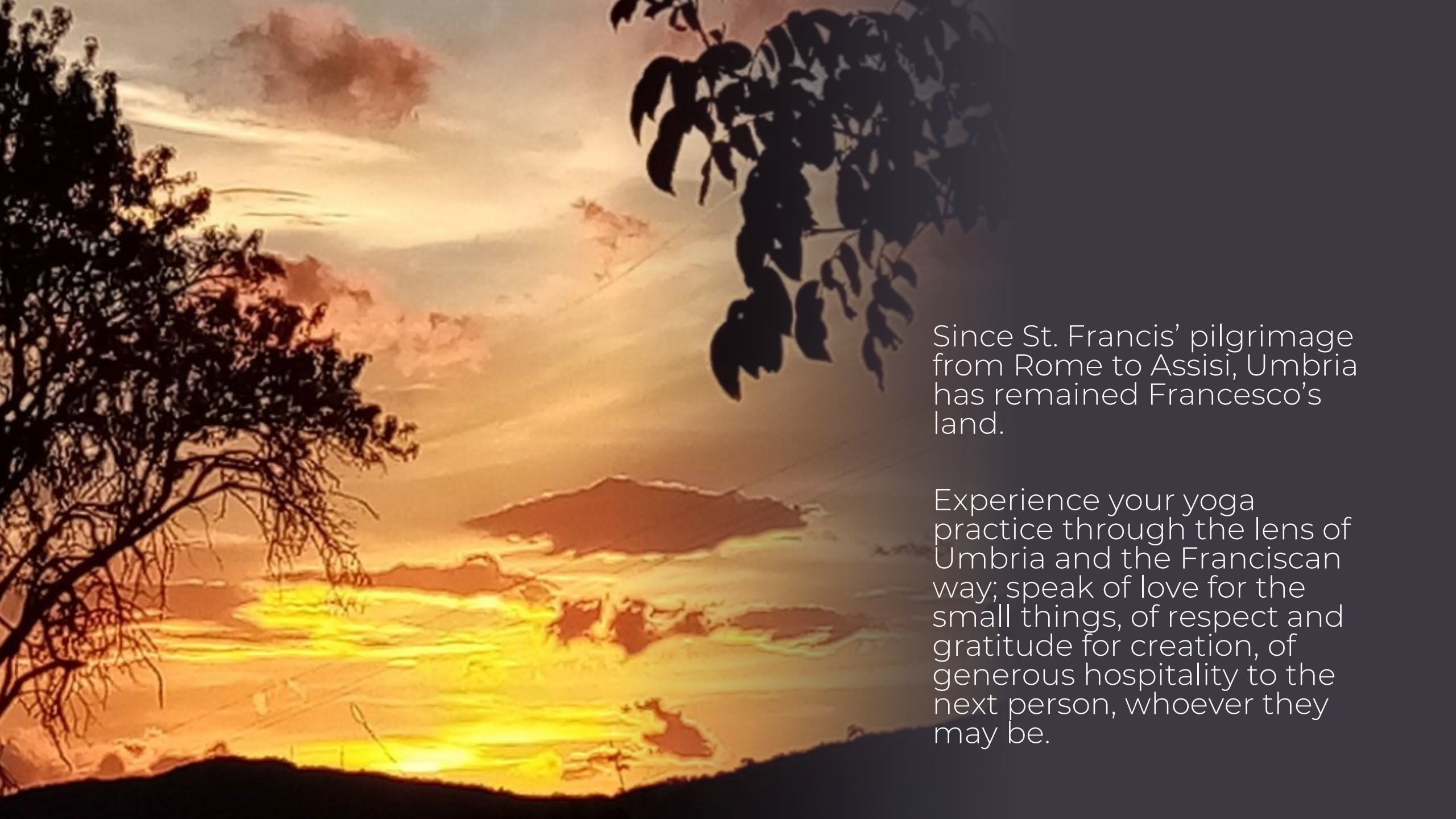












Since St. Francis' pilgrimage from Rome to Assisi, Umbria has remained Francesco's land.

Experience your yoga practice through the lens of Umbria and the Franciscan way; speak of love for the small things, of respect and gratitude for creation, of generous hospitality to the next person, whoever they may be.

REGISTRATION AT

lyfeyoga.com
