



Donna Danton
wellBEing



Denise, Natasha & Donna Danton

3rd Bella Breath & Yoga Retreat

Flow with your lovely breath



21th - 28th September 2019 – in Sardinia, Italy
with Denise and Donna Danton

Back to the roots

We are excited to be leading our third retreat in beautiful Italy. We love the combination of water and sun, whether we are at the sea or in a nice pool, it immediately gives us a feeling of vacation and relaxation. Last but not at all least, there is of course the Italian food – a culinary dream!

Moving moments

Like on all wellBEing retreats we focus on feel good flows, stretching and relaxing. As a tradition, we start every morning with a nicely energizing class, combining aspects of Ashtanga Vinyasa Yoga with those of classic Hatha Yoga. In the late afternoons we dedicate ourselves to deep relaxation, breathing techniques and regeneration, spicing up the program with little surprises from Thai Yoga, Flying Bodywork, Movent Meditations & Dance.

Whether you are an experienced Yogi or a cautious beginner or – probably – somewhere in between: You are in good hands, every level is welcome.

Room for rest

Away from the crowds and in the middle of the untouched southwest coast of Sardinia lies the Hotel Costa dei Fiori, surrounded by a lush park with palm trees and flowering plants, in close proximity to the gorgeous beaches of Chia with its white sands, golden dunes and the emerald sea. With its traditional Sardinian style and friendly personnel the hotel radiates a feel-good atmosphere. One of the seawater pools is an infinity pool, offering a breathtaking view of the ocean.

→ **CONTACT: Donna Danton**
Mobile-DE: +49 (0)157 30446377
mail@donnadanton.de
www.donnadanton.de

→ **CONTACT: Denise Danton**
Mobile-USA: +01 917 562 2275
dnizzare@gmail.com

Meals and mindfulness

Mindfulness accompanies our meals but also the way our food is prepared: In the best Sardinian culinary tradition. After years of experience in star-rated restaurants the chef will do his magic and create Mediterranean and Sardinian delicacies, only using fresh products from the region. Vegetarians will of course also get their money's worth and so do lovers of fine wines: The hotel's wine cellar contains wines from the region, from Italy and France, to go with every kind of meal.



→ **HOTEL: www.costadeifiori.it**

Facts and figures

- The breakdown: Costs yoga seminar & organization of activities: **550 US Dollars** inclusive: 12 Yoga Classes-Vinyasa Flows, Yin Yoga or ThaiYoga & lots of good times
- Costs accommodation: starting at **708 US Dollars** in double occupancy superior room / with a 42 US Dollars surcharge for a single room
 - 7 nights
 - 7 times breakfast buffet
 - 2 times 4 course dinner menu
- Minimum 10, maximum 20 participants
- Flight and hotel will be booked individually (I am happy to help – best book a flight to Cagliari and rent a car with other participants there).

Cherry on the pie: We will plan various wonderful day trips to beautiful beaches, with stand up paddling, sailing, hiking, swimming and a Cagliari City Tour in addition to insider tips at local must eat restaurants! These additional activities will be affordably priced to pay as you go.

• Registration and questions about coordination: mail@donnadanton.de
For detailed information and cancellation policy please check: www.donnadanton.de