

Immersive Yoga Retreat in Umbria

October 9-17, 2026

Friday, October 9

7:40 p.m.: Depart for Rome
(Suggested flight: Delta 66)

Saturday, October 10

11:05 a.m.: Arrive in Rome, private transportation to Spoleto
2:00 p.m.: Check-in to Aurora and acclimation
2:30 p.m.: Informal pizza lunch
3:00 p.m.: Rest and regroup
5:00 p.m.: Introductory yoga session
7:00 p.m.: Introduction to Italian aperitivo, location TBA
8:00 p.m.: Official program welcome at Gattapone, with heavy hors d'oeuvres

Sunday, October 11

8:00 a.m.: Morning exercise, stretching, mindfulness (different options)
8:00 a.m.: Breakfast buffet at Aurora (until 10:00 a.m.)
10:00 a.m.: Destination Yoga #1 (on-site session in idyllic location)
Spoleto Aqueduct and Rocca Albornoziana

11:00 p.m.: Refresh/Change
12:30 p.m.: Lunch at Prosciutteria del Corso
3:00 p.m.: Guided tour of Spoleto with Daniela Cittadoni (confirmed)
5:00 p.m.: Free time
7:00 p.m.: Aperitivo, location TBA (depending on weather)
8:00 p.m.: Dinner at la Cantina de' Corvi
Monday, October 12
8:00 a.m.: Morning exercise, stretching, mindfulness (different options)
8:00 a.m.: Breakfast buffet at Aurora (until 10:00 a.m.)
10:00 a.m.: Destination Yoga #2

Montelucio and Sacred Forest

12:00 p.m.: Refresh/Change
1:00 p.m.: Lunch at Caffè Collicola
3:00 p.m.: Introduction to Umbrian culture and language with Elisa Bassetti
5:00 p.m.: Free time
7:00 p.m.: Aperitivo, location TBA
8:00 p.m.: Dinner at Sabatini
Tuesday, October 13
8:00 a.m.: Morning exercise, stretching, mindfulness (different options)
8:00 a.m.: Breakfast buffet at Aurora (until 10:00 a.m.)

9:30 a.m.: Depart for Antonelli Winery

10:00 a.m.: Destination Yoga #3

Antonelli Winery, Montefalco

11:00 a.m.: Tour and tasting at Cantina Antonelli (confirmed)

1:00 p.m.: Lunch in Montefalco

3:00 p.m.: Free time to explore the town

5:00 p.m.: Return to Spoleto

7:00 p.m.: Aperitivo, location TBA

8:00 p.m.: Tour of Umbrian wines, with heavy hors d'oeuvres, at Tric-Trac

Wednesday, October 14

8:00 a.m.: Yoga, location TBA

8:00 a.m.: Breakfast buffet at Aurora (until 10:00 a.m.)

10:00 a.m.: Optional bike ride/run/hike on the old railway line (\$100/person, min 3)

12:30 p.m.: Lunch at Café degli Artisti

3:00 p.m.: Free time

6:00 p.m.: Olive-oil tasting, with wine pairings, at 9cento

8:00 p.m.: Dinner at 9cento

Thursday, October 15

8:00 a.m.: Morning exercise, stretching, mindfulness (different options)

8:00 a.m.: Breakfast buffet at Aurora (until 10:00 a.m.)

11:00 a.m.: Depart for Cocciolano (note: bring your luggage. We will be going straight to Castello di Postignano for the final two nights)

11:00 a.m.: Destination Yoga #4

Cocciolano olive groves

12:00 p.m.: Refresh/Change

12:30 p.m.: Lunch and tasting of recently pressed olive oil at Tenuta Cocciolano

3:00 p.m.: Depart for Postignano

4:00 p.m.: Free time

6:00 p.m.: Optional introduction to Umbrian white wines and premier tasting with

Chad Davidson

7:00 p.m.: Aperitivo at La Terrazza

8:00 p.m.: Dinner in La Casa Rosa

Friday, October 16

8:00 a.m.: Yoga in the rose garden

8:00 a.m.: Breakfast buffet at La Terrazza (until 10:00 a.m.)

10:30 a.m.: Optional #1: cooking lesson, lunch included (\$100/person, min 4, max 8)

Optional #2: suspension footbridge, hike, lunch included

(\$50/person, min 4, max 8)

12:30 p.m.: Light lunch at La Terrazza

3:00 p.m.: Pool session, wellness center, etc.

6:00 p.m.: Packing and preparations for departure

7:00 p.m.: Aperitivo at La Terrazza

8:00 p.m.: Special pizza dinner near the borgo's own pizza oven

Saturday, October 17

6:30 a.m.: Depart Postignano, private transportation to Rome airport

(Suggested flight is Delta 67, departing Rome at 11:35 a.m.)