



Yoga Retreats & Peaceful Places

Meditative escapes

Michelangelo designs flexible tours for group **yoga retreats**. Let your clients join like-minded people for a healthy yoga break and escape the everyday life.

Our programmes offer a **perfect combination of relaxation and wellbeing** in incredible locations, surrounded by beautiful scenery, with unforgettable sightseeing experiences.

The following itineraries do not include a dedicated yoga instructor but offer daily opportunities for yoga sessions in the morning and the evening. If needed, Michelangelo can arrange for a local yogi upon request.



You will find the following tours in this chapter:

YOGA

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Seasonal hotel rates are subject of possible changes due to major city events, fairs, or special weekends. Michelangelo has no control over these matters and cannot be held responsible. All prices in this brochure are starting rates and are listed per person (in €).

Liguria

Total wellness in the Cinque Terre



8 days
from only
€ 989,-



Programme and inclusions

1 Arrival

2 Hike from San Fruttuoso to Portofino

Morning yoga session. Train to Camogli and on by boat to San Fruttuoso, where the walk starts. Portofino visit and time at leisure before boat ride back to Santa Margherita. Evening yoga session.

- 1 x FD licensed hiking guide for the San Fruttuoso and Portofino excursion
- 1 x train ride from Sestri Levante to Camogli
- 1 x picnic box with typical "focaccia"
- 1 x boat ride from Camogli to San Fruttuoso

3 Hike to Punta Manara and pesto-making class

Morning yoga session. Hike from the hotel to Punta Manara headland, overlooking the Gulf of Tigullio. Back in Sestri Levante for a hands-on Pesto cooking class, including a dish of pasta with authentic Ligurian pesto. Evening yoga session.

- 1 x FD licensed hiking guide for the Punta Manara and pesto excursion
- 1 x boat ride from Portofino to Santa Margherita
- 1 x train ride from Santa Margherita to Sestri Levante
- 1 x pesto-making class and lunch with a glass of wine

4 Cinque Terre Hike

Morning yoga session. Coach drive to Levanto, train to Vernazza and hike to Corniglia through olive groves overlooking the sea. Time to rest in Corniglia, before continuing to Manarola by train. Additional villages can be included based on the group's preferences and hiking level. Evening yoga session.

- 1 x FD licensed hiking guide for the Cinque Terre excursion
- 1 x 5-Terre card (incl. access to hiking paths and trains)
- 1 x train ride from Levanto to Sestri Levante

5 Hike from Levanto to Monterosso

Morning yoga session. Coach drive to Levanto and hike through the old city up to the promontory of Mesco, the best point to enjoy the Cinque Terre coastline. On to Monterosso before a train ride back to Levanto. Evening yoga session.

- 1 x FD hiking-licensed tour guide for the Levanto and Monterosso excursion

6 Genoa

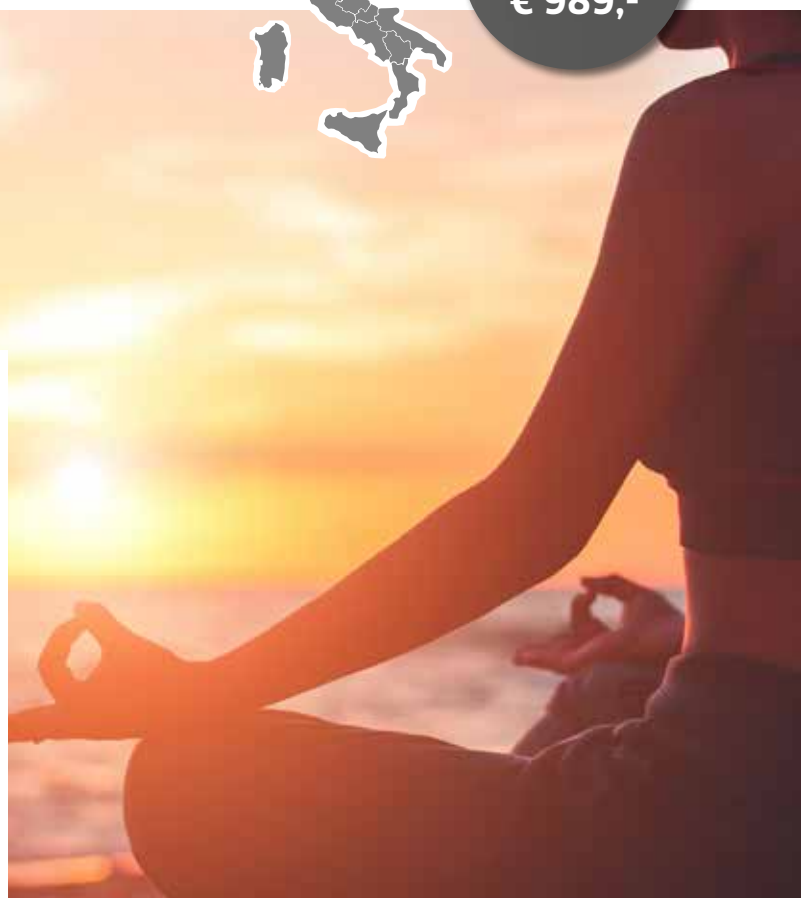
Morning yoga session. Guided tour of beautiful Genoa, with the typical "carrugi" (narrow streets of the old city centre) and the bustling Porto Antico. Afternoon at leisure to enjoy the enchanting atmosphere of the city. Evening yoga session.

- 1 x 2-hour guided walking tour of Genoa

7 Yoga workshop and day at leisure

8 Departure

The hikes range from 2,5 to 4 hours and are easy to moderate to slightly challenging with a maximum vertical height difference of 400m/1300ft



Dates and prices 2026

per person in € based on twin/double occupancy



incl. coach



incl. coach

15.03-03.04	€ 989,- € 1169,-	19.09-11.10	€ 1039,- € 1229,-
12.04-14.05	€ 1029,- € 1209,-	11.10-31.10	€ 999,- € 1189,-
14.05-07.06	€ 1064,- € 1249,-		

Double room for single use supplement from € 350,-

Hotel arrangement

- 7 x nights accommodation with buffet breakfast
- 4 x 3-course dinners at a restaurant close to the hotel
- Peaceful indoor/outdoor spaces for daily yoga and/or meditation sessions

Our partner hotel

4* Grand Hotel Villa Balbi - Sestri Levante
www.villabalbi.it



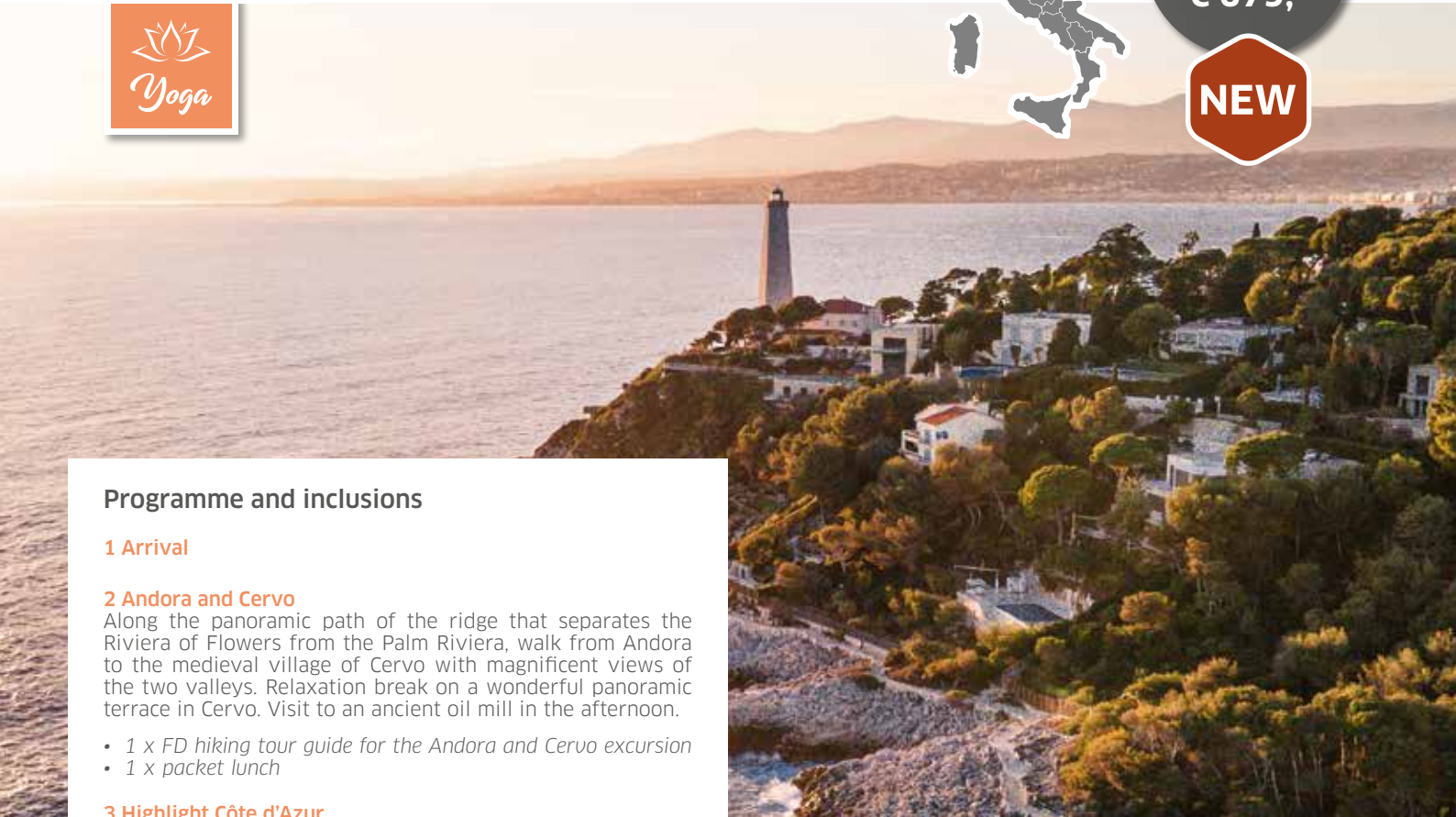
Liguria

Finding inner peace on the Palm Riviera



8 days
from only
€ 679,-

NEW



Programme and inclusions

1 Arrival

2 Andora and Cervo

Along the panoramic path of the ridge that separates the Riviera of Flowers from the Palm Riviera, walk from Andora to the medieval village of Cervo with magnificent views of the two valleys. Relaxation break on a wonderful panoramic terrace in Cervo. Visit to an ancient oil mill in the afternoon.

- 1 x FD hiking tour guide for the Andora and Cervo excursion
- 1 x packet lunch

3 Highlight Côte d'Azur

Gentle hike around Cap Ferrat through Mediterranean vegetation and along stunning cliffs with fantastic views of the sea. Possibility to explore the elegant villa gardens of Baroness Ephrussi de Rothschild. End the day at the picturesque Village of Eze with a visit to the Fragonard perfumery.

- 1 x FD hiking tour guide for the Côte d'Azur excursion
- 1 x visit to the Fragonard perfume factory
- 1 x packet lunch

4 Albenga, Alassio and the citrus world

In the morning, visit to a traditional citrus garden. Walk through the citrus groves and sample delicious marmalades and other homemade products. Hiking tour following the footsteps of the ancient Romans, from the walled town of Albenga to Alassio and its beautiful seaside promenade.

- 1 x FD hiking tour guide for the Albenga and Alassio excursion
- 1 x visit of a citrus garden and tasting of homemade marmalade
- 1 x packet lunch

5 Day at leisure & yoga sessions

6 Dolceacqua and the Bridge of Monet

Day trip to the peaceful Ligurian hinterland. Hike through olive groves and vineyards around the medieval town of Dolceacqua, with its iconic castle and bridge that inspired the great painter Claude Monet. Lunch break with regional products and local wines. Return to the old centre for a leisurely walk through its charming alleys.

- 1 x FD hiking tour guide for the Dolceacqua excursion
- 1 x lunch break with regional products and local wine

7 Day at leisure & yoga sessions

8 Departure

The hikes range from 2,5 to 4 hours and are easy to moderate to slightly challenging with a maximum vertical height difference of 400 m/1300 ft

Dates and prices 2026

per person in € based on twin/double occupancy

	 incl. coach	 incl. coach
15.03-03.04	€ 679,- € 894,-	19.09-11.10 € 819,- € 1039,-
12.04-14.05	€ 729,- € 939,-	11.10-31.10 € 779,- € 999,-
14.05-07.06	€ 804,- € 1019,-	

Double room for single use supplement from € 250,-

Hotel arrangement

- 7 x nights accommodation with buffet breakfast
- 7 x 3-course dinners at the hotel
- Peaceful indoor/outdoor spaces for daily yoga and/or meditation sessions

Our partner hotel

4* Loano 2 Village - Loano
www.loano2village.it

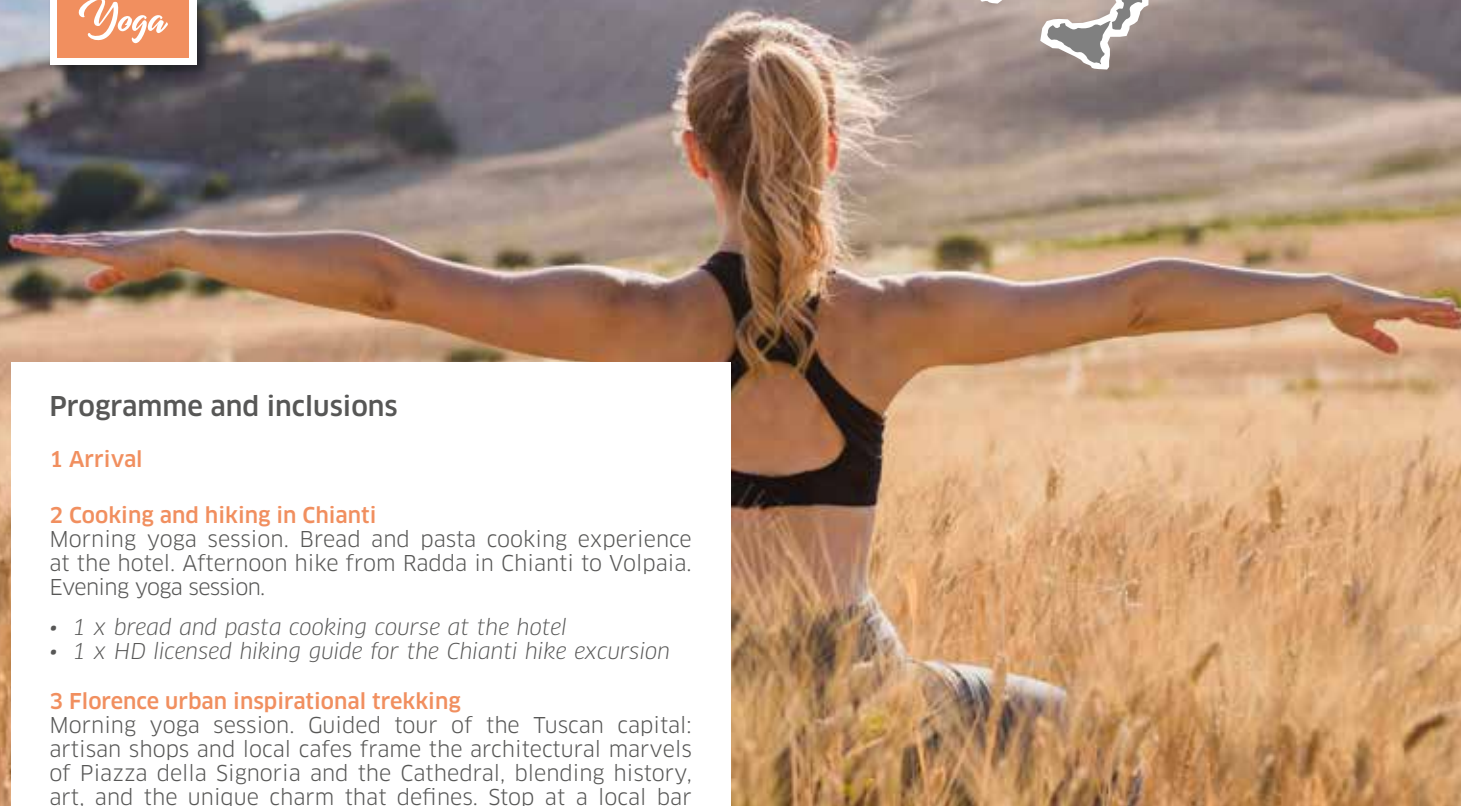


Tuscany

Namaste Tuscany



8 days
from only
€ 819,-



Programme and inclusions

1 Arrival

2 Cooking and hiking in Chianti

Morning yoga session. Bread and pasta cooking experience at the hotel. Afternoon hike from Radda in Chianti to Volpaia. Evening yoga session.

- 1 x bread and pasta cooking course at the hotel
- 1 x HD licensed hiking guide for the Chianti hike excursion

3 Florence urban inspirational trekking

Morning yoga session. Guided tour of the Tuscan capital: artisan shops and local cafes frame the architectural marvels of Piazza della Signoria and the Cathedral, blending history, art, and the unique charm that defines. Stop at a local bar for a special tasting of cantucci and vin santo. Evening yoga session.

- 1 x 3-hour guided walking tour of Florence
- 1 x Vin Santo and Cantucci tasting in the heart of Florence

4 At leisure

Morning yoga session. Evening yoga session.

5 On the footsteps of St. Francis to San Gimignano

Morning yoga session. Hike along the celebrated Via Francigena, following the path taken by pilgrims from Canterbury in England to Rome, with San Gimignano as one of its notable stops. En-route, stop at a local farmhouse to taste the local white wine: Vernaccia. Evening yoga session.

- 1 x FD licensed hiking guide for Via Francigena excursion
- 1 x Vernaccia wine tasting at a local farmhouse

6 Siena urban trekking

Morning yoga session. Guided tour of the beautiful labyrinth of narrow medieval streets in Siena with the world-famous Piazza del Campo, venue of the iconic Palio horse race. Evening yoga session.

- 1 x 2-hour guided walking tour of Siena

7 Abbey of Sant'Antimo and Montalcino

Morning yoga session. Forest hike along the trail to the fascinating and mysterious Sant'Antimo Abbey, overlooking the beautiful Val d'Orcia and Mount Amiata. On to Montalcino for a Brunello wine tasting. Evening yoga session.

- 1 x FD licensed hiking guide for the Sant'Antimo and Montalcino excursion
- 1 x Brunello wine tasting with snacks

8 Departure

The hikes range from 3 to 4 hours and are easy to moderate with a maximum vertical height difference of 400 m /1300 ft

Dates and prices 2026

per person in € based on twin/double occupancy



15.03-03.04	€ 819,- € 1074,-	19.09-11.10	€ 939,- € 1194,-
12.04-14.05	€ 859,- € 1114,-	11.10-31.10	€ 859,- € 1114,-
14.05-07.06	€ 899,- € 1154,-		

Double room for single use supplement from € 230,-

Hotel arrangement

- 7 x nights accommodation with buffet breakfast
- 7 x 3-course dinners
- Peaceful indoor/outdoor spaces for daily yoga and/or meditation sessions

Our partner hotel

3* Hotel Certosa di Pontignano - Siena

www.lacertosadipontignano.com



Puglia

Peaceful Puglia



8 days
from only
€ 759,-



Programme and inclusions

1 Arrival

2 Alberobello and cooking class

Morning yoga session. Visit to pretty Cisternino for a cooking course experience with the locals, including lunch. Afternoon tour of Alberobello, a truly unique corner of the world: tour around the little Trulli houses that gift this town with a fairytale atmosphere. Evening yoga session.

- 1 x FD tour guide for the cooking class and Alberobello excursion
- 1 x cooking class with the locals, including lunch

3 Matera and the Gravina Gorge

Morning yoga session. Full-day visit to Matera: the city of caves and European Capital of Culture. Exploration of the ancient cave dwellings that have been inhabited for thousands of years, one of the most remarkable living monuments to human civilization. Hike through the Gravina Gorge to the hill-top that overlooks the city and its famous Sassi caves. Evening yoga session.

- 1 x FD licensed hiking guide for the Matera and Gravina Gorge excursion

4 Castellana Caves

Morning yoga session. Original hike in the fascinating Castellana Caves, that attract visitors from all Europe with their amazing stalagmites and stalactites, throwing mysterious shadows all around. Evening yoga session.

- 1 x HD tour guide for the Castellana Caves excursion
- 1 x entrance fee to the Castellana Caves

5 Lecce and Otranto

Morning yoga session. Guided tour of Lecce: the beautiful city is known for the charming Baroque architecture that adorns the old town, stroll through Piazza Sant'Oronzo with the Obelisk and the surrounding elegant buildings. Afternoon guided tour of Otranto, a coastal town with a pristine beach, beautiful mosaics and the Aragonese Castle. Evening yoga session.

- 1 x FD tour guide for the Lecce and Otranto excursion

6 Ostuni and Torre Guaceto

Morning yoga session. Hike along the Adriatic shore of the pristine Nature Reserve of Torre Guaceto, surrounded by untouched landscapes. Afternoon tour of Ostuni, the iconic white city overlooking the Adriatic Sea. Stop at a local mill for a tasting of the excellent local olive oil. Evening yoga session.

- 1 x FD licensed hiking guide for the Ostuni and Torre Guaceto excursion
- 1 x visit to a local oil mill for a tasting of olive oil and other products

7 Gallipoli and Porto Selvaggio

Morning yoga session. Hike along the Ionian shore within the National Park of Porto Selvaggio, immersed in stunning natural beauty. Afternoon tour of Gallipoli, with the labyrinth streets, the old churches and locals still playing cards in every corner of the old town, connected to the mainland by just a bridge. Evening yoga session.

- 1 x FD licensed hiking guide for the Porto Selvaggio and Gallipoli excursion

8 Departure

The hikes range from 2,5 to 4 hours and are easy to moderate with a maximum vertical height difference of 450 m / 1480 ft



Dates and prices 2026

per person in € based on twin/double occupancy

	 incl. coach	 incl. coach
15.03-03.04	€ 759,- € 984,-	19.09-11.10 € 769,- € 994,-
12.04-14.05	€ 759,- € 984,-	11.10-31.10 € 769,- € 994,-
14.05-07.06	€ 759,- € 984,-	

Double room for single use supplement from € 420,-

Hotel arrangement

- 7 x nights accommodation with buffet breakfast
- Peaceful indoor/outdoor spaces for daily yoga and/or meditation sessions

Our partner hotel

Trulli Tipico Resort - Alberobello
www.tipicoresort.it



Sicily

Chakra balance by the sea



8 days
from only
€ 869,-



Programme and inclusions

1 Arrival

Upon arrival on Sicily island, transfer to Lipari.

- 1 x assistance for the arrival transfer
- 1 x boat transfer Milazzo - Lipari
- 1 x shuttle service to the hotel upon arrival on Lipari island

2 Lipari

Morning yoga session. Hike past the volcanic rocks of Timpone Pataso to the ancient thermal baths of San Calogero. Then on to Pianoconte to admire the wonderful view of Vulcano Island. Evening yoga session.

- 1 x FD licensed hiking guide for the Lipari excursion

3 Stromboli at sunset

Morning yoga session. Transfer by boat to Stromboli, with a stop for a stroll on Panarea. On Stromboli, hike to the observatory on the slopes of the volcano to observe the incredible spectacle of flowing lava. Evening dish of pasta during the boat ride back to the hotel.

- 1 x FD licensed hiking guide for the Stromboli excursion
- 1 x boat ride from Lipari to Stromboli and back
- 1 x dish of pasta on board in the evening

4 Vulcano

Morning yoga session. Boat ride to Vulcano, followed by a climb to the top of the crater to experience the fumarole air streams. After descending, time at leisure to bathe in one of the hot Sulphur springs (charges apply) or relax on the beach. Evening yoga session.

- 1 x FD licensed hiking guide for the Vulcano excursion
- 1 x return boat ride Lipari/Vulcano/Lipari

5 Transfer to Cefalù - hotel change

Transfer back to the main island of Sicily. (Evening yoga session)

- 1 x assistance on the transfer back to Sicily
- 1 x shuttle service from the hotel in Lipari to the harbour
- 1 x boat transfer Lipari - Milazzo

6 Madonie Natural Park

Morning yoga session. Leisurely stroll through Cefalù before a gentle hike up to the Rocca Fortress. Afternoon visit to the village of Castelbuono for a sample of the local wine among other regional delicacies at a local farmhouse. Evening yoga session.

- 1 x FD licensed hiking guide for the Cefalù and Madonie excursion
- 1 x tasting of regional products at a local farmhouse

7 at leisure

Morning yoga session. Evening yoga session.

8 Departure

The hikes range from 2 to 4 hours and are easy to moderate with a maximum vertical height difference of 350 m/1150 ft



Dates and prices 2026

per person in € based on twin/double occupancy

	+  incl. coach	+  incl. coach
15.03-03.04	€ 869,- € 994,-	19.09-11.10 € 989,- € 1119,-
12.04-14.05	€ 879,- € 1004,-	11.10-31.10 € 939,- € 1069,-
14.05-07.06	€ 924,- € 1049,-	

Double room for single use supplement from € 240,-

Hotel arrangement

- 4 x nights accommodation with buffet breakfast in Lipari
- 3 x nights accommodation with buffet breakfast in the Cefalù area
- 6 x 3-course dinners
- Porterage on arrival and departure at each hotel
- Peaceful indoor/outdoor spaces for daily yoga and/or meditation sessions

Our partner hotels

4* Hotel Aktea - Lipari | www.hotelaktea.it

4* Hotel Acacia Resort - Campofelice/Cefalù | www.acaciaresort.eu



Acacia Resort



Aktea

Portugal - Algarve

Algarve nature retreat



6 days
from only
€ 469,-



Programme and inclusions

1 Arrival

2 The Seven Hanging Valleys and Silves

Morning yoga session. Hike along the Seven Hanging Valleys, along dramatic limonestone cliffs with breathtaking sea vistas. Evening yoga session.

- 1 x FD licensed hiking guide for the Algarve's coast hike excursion

3 From Alvor to Portimão

Morning yoga session. Hike along the Dunes of Alvor, a protected area with golden sands and boardwalks winding through pristine wetlands. Evening yoga session.

- 1 x FD licensed hiking guide for the hike from Alvor to Portimão

4 At leisure

Morning yoga session. Evening yoga session.

5 Monchique

Morning yoga session. Hike through cork oak and holm oak forests, part of the region's rich heritage of cork harvesting up to the highest point in the Algarve (902 m), with panoramic views stretching to the Alentejo plains. Evening yoga session. Visit a family-run distillery to sample medronho, a strong fruit brandy, or melosa, a smooth blend of medronho and honey.



- 1 x FD licensed hiking guide for the hike in Serra de Monchique
- 1 x visit of a local distillery with a tasting of medronho and melosa

6 Departure

The hikes range from 3 to 4 hours and are easy to moderate with a maximum vertical height difference of 400 m /1300 ft

Dates and prices 2026

per person in € based on twin/double occupancy

	 incl. coach	 incl. coach
12.04-17.04	€ 469,- € 574,-	19.09-25.09 € 699,- € 804,-
26.04-01.05	€ 469,- € 574,-	04.10-10.10 € 469,- € 574,-
17.05-23.05	€ 469,- € 574,-	17.10-23.10 € 469,- € 574,-
13.09-19.09	€ 699,- € 804,-	

Double room for single use supplement from € 194,-

Hotel arrangement

- 5 x nights accommodation with buffet breakfast
- 5 x 3-course dinners
- Peaceful indoor/outdoor spaces for daily yoga and/or meditation sessions

Our partner hotel

4* Hotel Vale d'El Rei - Carvoeiro | www.valedelrei.com

