

3 days / 2 nights

Yoga and Wellness in the Gran Sasso National Park

Weekend Retreats in Abruzzo



starting from **350 €**

SKU: PARTNER00101

 Availability on Request

 Individual

 Itinerant

 Hiking - Relax

 3 giorni

 15 hours

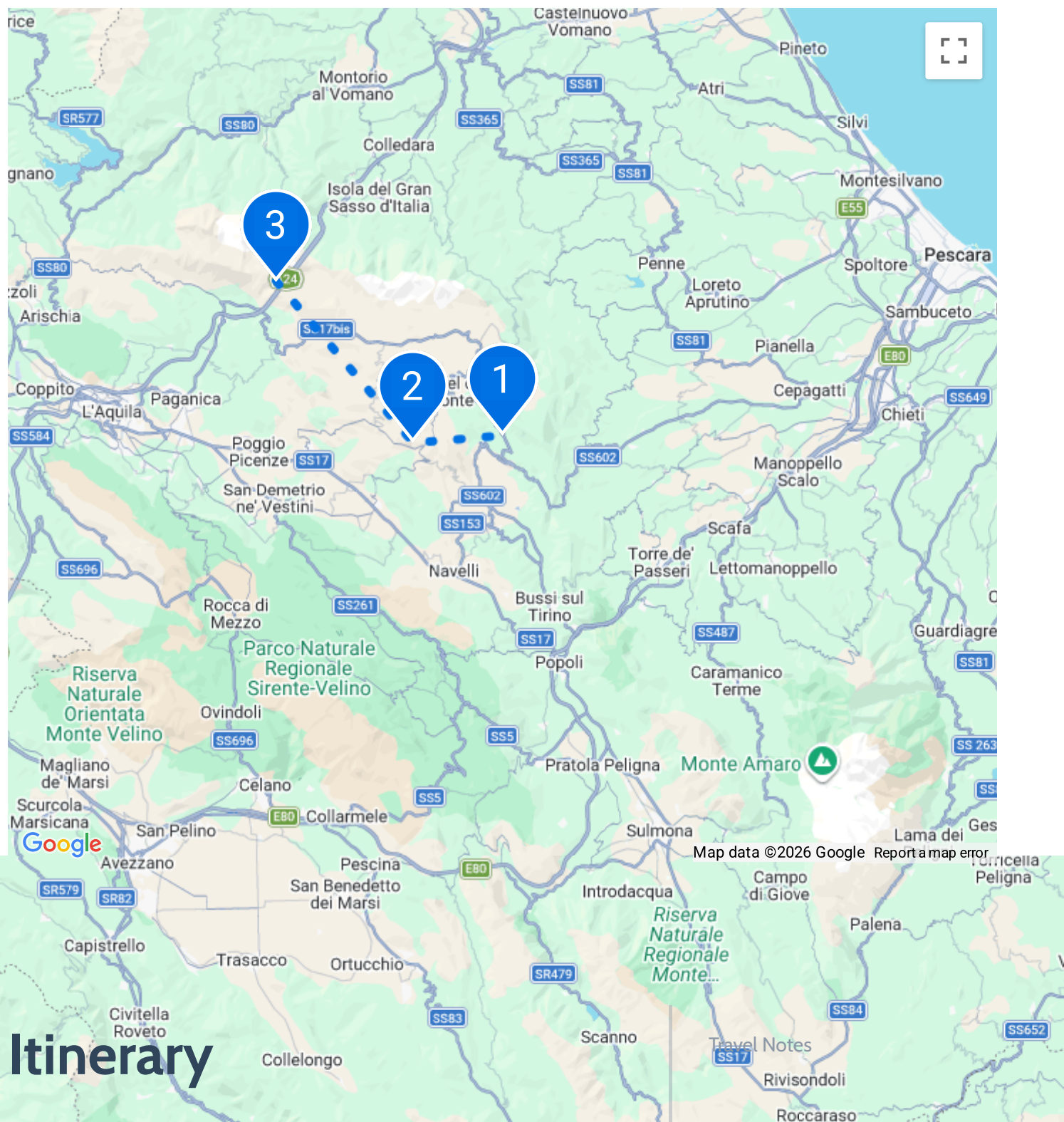
 **Easy**

 Operated by **Kensho Yoga**

Tour Overview

Join a yoga, meditation, and hiking retreat in the Gran Sasso National Park. Every weekend, an immersive experience that combines physical and mental wellness, suitable for all levels. The program includes Hatha Flow, Vinyasa Yoga, Zazen meditation, and panoramic hikes, all set in unspoiled nature.

 More information regarding the time and meeting point for the first/last day will be provided after the booking.



Villa Santa Lucia degli Abruzzi

Arrival in the afternoon at Villa Santa Lucia degli Abruzzi, a charming village nestled in the heart of the Gran Sasso National Park. Upon arrival, guests will be welcomed with a dedicated moment of introduction and orientation, setting the tone for the peaceful and restorative atmosphere of the retreat. The first zazen meditation session will follow, during which we will explore the fundamental principles of the practice — from correct posture to its deeper meaning and historical roots. Afterward, a session of Hatha Flow and Vinyasa Yoga will help release the tension of travel and gently prepare body and mind for a weekend of well-being. The day will end with a shared dinner, where guests can enjoy local dishes prepared with fresh, wholesome ingredients. Overnight stay at the retreat accommodation.

Duration:

Accommodation: Villa Santa Lucia degli Abruzzi



Rocca Calascio

After breakfast, the day begins with a mini-trek to one of Abruzzo's most iconic landmarks: the fortress of Rocca Calascio, perched among rolling hills and breathtaking views. Along the way, we'll pause at a particularly scenic spot for an outdoor zazen meditation session, followed by a thematic group sharing, immersed in the stillness of nature. A packed lunch will offer the chance to enjoy the landscape freely and embrace the unhurried pace of the hike. Upon returning, there will be time to relax and unwind at the accommodation. In the afternoon, we'll dive into a deeper yoga session, focused on personalized alignment to enhance body awareness and posture in the practice. The day will come to a close with a shared dinner, followed by moments of reading and open conversation. Overnight stay at the retreat.

Duration:

Accommodation: Rocca Calascio



Campo Imperatore

The morning begins with breakfast, followed by a restorative Hatha Flow and Vinyasa Yoga session, focused on alignment and deep relaxation. Around midday, we'll drive to one of Abruzzo's most iconic destinations: Campo Imperatore, also known as "Little Tibet." Here, we'll enjoy an easy panoramic trek with breathtaking views of the Corno Grande, the highest peak in the Apennines. In a quiet, peaceful spot far from distractions, we'll close our journey with a final zazen meditation session in nature. A shared picnic lunch will mark our last moment together before goodbyes and the return trip. End of services.

Duration:

Accommodation: Campo Imperatore



Supplements

Cancellation Insurance (see terms and conditions)

Corresponds to 5.00% of the full participation fee, per person (terms and conditions, available only for residents in Italy). By choosing cancellation insurance, you will have to pay the full amount of the order at checkout.

[Download insurance details.](#)

Basic insurance (see terms and conditions)




Corresponds to 2.50% of the full participation fee, per person (terms and conditions, available only for residents of Italy).

[Download insurance details.](#)

Price and discount rooms




Triple Room

Third place is entitled to:

-  60% discount if occupied by a child
-  40% discount if occupied by a child
-  10% discount if occupied by an extra adult

Quadruple Room

The two additional seats are entitled to:

-  60% discount for each child
-  40% discount for every child
-  10% discount for each extra adult

Sup. Single rooms: €

Departures on request

starting from **350 €**

April 2026

starting from **350 €**

May 2026

starting from **350 €**

June 2026

starting from **350 €**

July 2026

starting from **350 €**

**August
2026**

starting from **350 €**

**September
2026**

What's included

- ✓ 2 Dinners
- ✓ Phone assistance
- ✓ Breakfast
- ✓ Travel document
- ✓ Tour Operator Guarantees
- ✓ Overnight stay in a Double Room
- ✓ Packed lunch
- ✓ Stay in a 3-star establishment or similar

What you will visit

- 📍 Villa Santa Lucia degli Abruzzi
- 📍 Rocca Calascio
- 📍 Campo Imperatore

Accomodation



Villa Santa Lucia



Villa Santa Lucia



Villa Santa Lucia

To know

✔ How to get there

By car: A24 motorway, L'Aquila exit

By train: L'Aquila railway station

By plane: Pescara Airport (Abruzzo Airport) or Rome Ciampino/Fiumicino Airports

✔ Features of the trip

Open to travelers of all ages. You will travel either independently or in a group, with full support from the agency. On a group vacation, you may meet people from different countries with habits different from your own. For a cycling holiday, you might find yourself riding with people on e-bikes as well as those on traditional bikes. Respect everyone's space and enjoy yourself. The tour is organized by local guides and operators, carefully selected for you.

✔ General travel information

Remember to bring a valid passport or ID card with an expiration date of at least 6 months from the departure date. The itinerary may be subject to changes before and/or during the trip. On a group tour and in certain specific villages, it may be necessary to use dispersed accommodation due to the lack of large facilities. Please inform us of any food intolerances at the time of booking; we will do our best to accommodate them, but we cannot guarantee it. Tourist taxes to be paid locally.

✔ Currency

Euro

✔ Vaccinations

No

✔ Documents and visas

ID Card, Passport

✔ Emergency numbers

Emergency number: 112

✔ Electrical sockets

220v

Level of difficulty of the experiences

 **Difficult**

 **Medium**

 **Easy**

 **Hard**

Travel terms and conditions

We invite you to read the documentation regarding the general terms and conditions of sale for travel packages at the following link: [Travel Terms and Conditions](#)

Thank you for choosing our services. Be real. It's Isy!