

4 days /3 nights

# Year-End Yoga Retreat in the Gran Sasso

## Yoga, meditation and the nature of Abruzzo



starting from **470 €**

SKU: PARTNEROO123

 [Availability on Request](#)

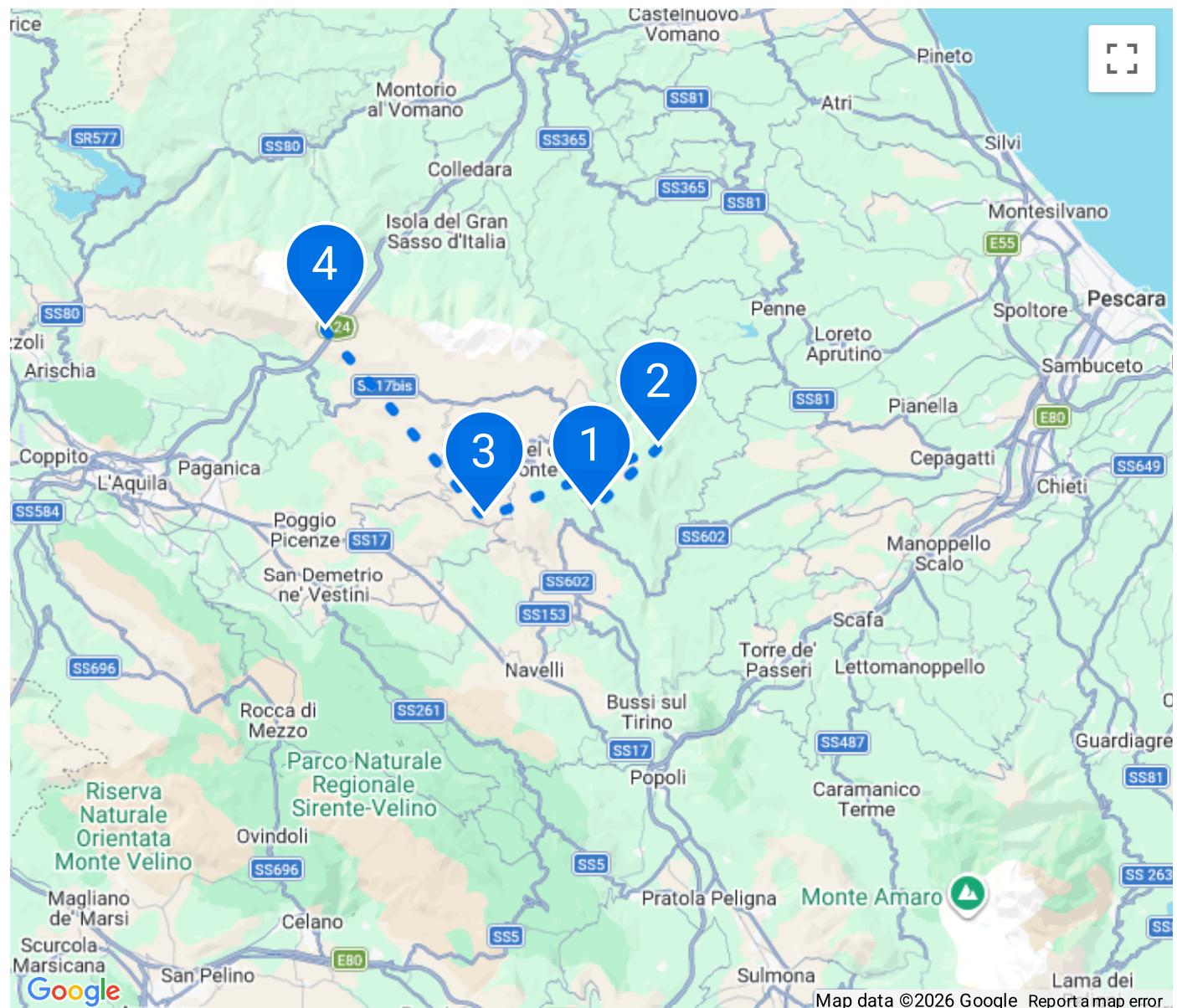
 Group	 Itinerant
 Hiking - Relax	 4 giorni
 14 hours	 <b>Easy</b>

 Operated by [Kensho Yoga](#)

## Tour Overview

A rejuvenating experience of yoga and meditation among the snowy landscapes of the Gran Sasso. Four days devoted to wellbeing, mindfulness and the discovery of Abruzzo's natural beauty.

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



# Itinerary

Travel Notes

## Villa Santa Lucia degli Abruzzi

Arrival in the afternoon at Villa Santa Lucia degli Abruzzi, a peaceful mountain village that will host the retreat.

At **5:00 PM**, the experience begins with an introduction to zazen meditation, focusing on posture, breathing, and the essence of stillness. A vinyasa yoga class of about an hour and a half follows, to release travel tension and gently open the body.

The day concludes at **8:00 PM** with a welcome dinner, a time for conversation and connection in a warm and friendly atmosphere.

Duration:

Accommodation: Villa Santa Lucia degli Abruzzi



## Voltigno

The morning starts at **7:30 AM** with breakfast, followed by a **transfer at 8:00 AM** to the **Voltigno Plateau**, a stunning natural area within the Gran Sasso National Park.

From **8:00 AM to 12:00 PM**, participants will enjoy a **guided hike** combined with **zazen meditation in nature** and reflective discussions on mindfulness and awareness.

A **packed lunch** will be enjoyed outdoors, followed by time to relax in the early afternoon.

At **4:45 PM**, the group meets for a **yoga session** focused on alignment and personalized practice.

Dinner is served at **7:45 PM**, closing the day with shared reflections and local cuisine.

Duration:

Accommodation: Voltigno



## Rocca Calascio

Breakfast is served at **8:00 AM**, followed by **departure at 8:30 AM** for the scenic medieval village of **Rocca Calascio**, one of the most iconic sites in Abruzzo.

The morning includes a **panoramic mini-trek** and a **guided visit to the ancient castle**, with **outdoor zazen meditation** at **10:00 AM** surrounded by breathtaking mountain views.

**A packed lunch at 11:00 AM** is followed by a return to the accommodation around **12:30 PM**, leaving time for rest and reflection.

From **5:00 PM to 7:00 PM**, participants take part in another **yoga practice** and group discussion on mindfulness and awareness.

At **8:00 PM**, the day concludes with dinner in a relaxed and convivial atmosphere.

Depending on the weather and group preferences, this day may instead include an alternative itinerary: a circular route with visits to **Bominaco Castle**, the **Hermitage of San Michele**, and the **Oratory of San Pellegrino**, known for its medieval frescoes.

Duration:

Accommodation: Rocca Calascio



## Campo Imperatore

The final morning begins at **8:00 AM** with breakfast and free time for relaxation.

From **9:30 AM** to **11:00 AM**, a **final yoga session** focuses on adjustments, refinements, and personalized practice, bringing closure to the inner journey.

At **12:30 PM**, departure for **Campo Imperatore**, the so-called “Little Tibet”, for a **gentle hike** and **final meditation in nature** with an awe-inspiring view of the **Corno Grande**.

After a **packed lunch**, the retreat concludes with farewells and a moment of gratitude shared among participants.

Depending on weather conditions, this final excursion may be replaced with a visit to the **Tirino River Nature Reserve**, featuring a riverside meditation and a stop at **Capestrano Castle**.

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)

[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 **470 €**

**February  
2026**

## What's included

- 3 dinners
- 4 yoga classes
- 4 zazen meditation sessions
- Phone assistance
- Breakfast
- Travel document
- Excursions
- 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
- Voltigno
- Rocca Calascio
- Campo Imperatore

# Accommodation



Villa Santa Lucia



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

No

## 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!**