

OrganicallItaly 2019

*Starting on : March 2, 9, 26, 23, 30 - April 6, 13, 20, 27 - September 28 - October 5, 12, 19, 26
November 2, 9, 16, 23, 30 - December 7, 14, 21, 28*

Are you a vegetarian gourmet yogi/ yogini? Do you like cooking and tasting food? Have you ever wanted to learn more about Italian and vegetarian cuisine? This is the yoga retreat for you.

This one week retreat will offer an amazing experience of yoga and Italian gourmet experience. After one week of yoga, Italian professional cooking classes and organic food prepared by the expert hands of an professional Italian chef you relax and de-stress your mind, rejuvenate your body, preparing you for a new fresh start.

The retreat will be lead by Irene and Andrea, a beautiful and harmonious example of Italian holistic yin yang balanced couple. Travelers, with an international background and a conscious life-style they are 100% Organic Italians. Irene is from Florence, Andrea is from Lecce. They are an example of a couple living their most authentic self. Irene will guide the holistic activities. Andrea will take care of the food.

YOGA

Daily yoga classes will be offered along with 2 crystal singing bowls meditations. Every day in different time of the day, the group will be guided into a vinyasa yoga practice. The style of the vinyasa sequence will be determined and molded to fit students need. Classes can range from gentle to a more vigorous flow and will be prepared for beginners and intermediate. Yoga classes will be outdoor and indoor. During this one week retreats participants will be able to attend also sound healing meditations to align their body, mind and spirit to harmonic vibrations.

ITALIAN PROFESSIONAL COOKING CLASSES

This one week retreat will guide you in a journey into the Italian Mediterranean-Veg cuisine. We promote a vegetarian and vegetarian-ovo-lacto nutrition based on the Mediterranean Diet. This experience is meant to be for those who are looking for a creative holiday immerse into Italian beauty. The recipes will come from Italian tradition mainly from Tuscany and from Apulia's gastronomy. To give some example you will learn how to prepare the typical Apulian "orecchiette", the tuscan "panzanella" and "pappa al pomodoro" and many other delicious vegetarian dishes. International chef Andrea Chiriatti will guide the group in the kitchen.

FOOD

This retreat will be an amazing experience also for the food that you are going to eat that will be 100% organic. Basically you will get two or three organic gourmet vegetarian meals each day prepared by the Master Chef Andrea or by all the group during the cooking classes. Vegetables, legumes, fresh fruit will come as much as possible from our own's family production or from the local farmers. We will use only seasonal vegetables and fruit. You are going to have Italian espressos, an assortment of teas and dried fruit from local producers.

We will be able to satisfy also vegan and gluten-free nutrition requests.

EXCURSIONS

Most of the tours and excursions are included. Day trips are optional. During the spring and summer in south Puglia there are so many things to do that the program may vary pretty much, according to the needs of the participants.

Salento's experiences can involves archaeological and sacred sites guided tour like those to Menhir and Dolmen; day trip to Alberobello, the village with the famous "trulli" and other characteristic Apulia's villages; arts and historical guided tours to Lecce, Otranto and Galatina; nature hikes like the Zinzulusa's marine cave excursion in Castro Marina or Castellana's caves excursion in Brindisi; many different trekking and walking along the many countryside and coastal trekking path;

gourmet experiences to many farms (called masserie) for wine and food tasting; live folk music concert and dance at the rhythm of the “tamburello” and pizzica.

The following program includes some optional experiences that can be customized according to group needs.

DAY 1

You will arrive and accommodate in the lodgings and enjoy a sunset welcome drink on the solarium. You will then taste the original handmade Italian ice cream made by local producers and have your dinner at 7:30 p.m.

DAY 2

At 8:15 a.m., you will practice a yoga class and then have your breakfast at 9:30 a.m. From 11:00 a.m., you will enjoy a cooking class with Chef Andrea. At 3:30 p.m., you will join an excursion on the Adriatic sea to visit Sant Andrea cliffs. You will have dinner at 7:30 p.m.

DAY 3

You will enjoy your breakfast at 8:30 a.m. and then at 10:30 a.m., you will visit and go shopping at Martano's fresh market, followed by a walking tour in Martano's village. At 1:00 p.m., it is the time for your lunch before starting cooking classes at 4:30 p.m. At 7:30 p.m., your dinner will be served.

DAY 4

At 8:00 a.m., you will taste your breakfast. On this day, you can participate in an optional day trip from 9:00 a.m. to Ostuni, Alberobello, Polignano a Mare, and Locorotondo e Cisternino (trulli's villages). Or you can relax all day, enjoying another cooking class. At 7:30 p.m., your dinner will be served.

DAY 5

At 8:15 a.m. for those who enjoy morning practice, you will practice a yoga class and then have your breakfast at 9:30 a.m. Breakfast at 9:00 a.m., followed by a guided tour of Lecce. Your lunch will be in a Lecce's restaurant. At 5:00 p.m., cooking classes will be held until 7:00 p.m. You will end your day with a dinner at 8:30 p.m.

DAY 6

At 8:15 a.m., you will join a yoga class, followed by a breakfast at 9:20 a.m. From 9:30 a.m., it is the time for a visit to Otranto and the free time for enjoying a lunch at Sofish and shopping. At 5:00 p.m., you will take part in cooking classes and then have a dinner at 7:30 p.m.

DAY 7

This is the departure day for going back home or continuing a new adventure.

HIGHLIGHT:

What is included

Daily yoga

Crystal singing bowls meditations

Italian exclusive cooking classes
Some guided tours and excursions
Transportation to / from excursions and guided tours
Daily breakfast, dinner and most of the lunches
6 nights' accommodation
Use of yoga mats
Transfer from/to Brindisi airport

What is not included:

Airfare
Some day trips

ACCOMODATIONS:

Organic Tribe Salento B&B has comforts double and triple rooms, sober stylishly decorated, ensuite private bathroom, balcony, air conditioning, TV, hairdryer, free wifi. Organic Tribe Salento B&B is located in a brand new, eco-friendly and sustainable building. On the third floor of the building are located all our rooms. Our yoga studio and creative laboratory is located on the first floor. After an intense day of activities you can relax on the solarium, in the garden or in the patio.

Professional Chef Andrea Chiriatti

Born in Galatina (Lecce - Italy) Andrea have had the pleasure to work for many established and successful fine-dining restaurants all over the world, which have allowed him to become an emerging, talented, Italian Chef. His native land, Apulia-Salento and his family gave him the knowledge of Mediterranean cuisine and transferred him the love for the cultivation of the land.

After 5 years Italian Cooking class Diploma, Andrea lived for 15 years in Florence (Tuscany) where he had the possibility to deeply immerse in Tuscany cuisine. He arrived in Milan in 2007 where he opened a successful restaurant called "Ristorante Osteria Porca Vacca". In Milan Andrea had also the pleasure to work for Armani's restaurant located inside his headquarters "Teatro 7" (situated in "zona Tornaona, the amazing fashion week district). Andrea is specialized in Tuscan and Northern Italy cuisine.

In 2012 he move to Miami where he opened three successful restaurants and where he won in 2013 "The Battle of Chef", a culinary competition promoted by South Florida Luxury Guide. After the US experience he integrated into his cuisine south american and international cooking. Beside all the experience he had, his huge passion is for the pastry. Indeed he is also a very well prepared pastry chef. He is also expert in vegan-vegetarian nutrition due to his personal nutrition which is based on a vegetarian ovo-lacto diet.

For more information please check the Linkedin profile

<https://www.linkedin.com/in/andreachiriattixecutivechef/>

Yoga teacher and sound healer, Irene Devi Ma-Pai

Irene Devi Ma-Pai combines her artistic skills (she has been sensorial designer, art director and photographer for more than 15 years) with her spiritual healing gifts. She is powerfully connected to the subtle realms of our existence through her pure heart. She is a channel of healing cristalline frequencies that through her voice are transferred to the humans' energy body. Her voice and chanting is a powerful media of peace able to uplift the heart of those who listen.

Irene Devi Ma-Pai combines her artistic skills (she has been sensorial designer, art director and photographer for more than 15 years) with her spiritual healing gifts. Almost twenty years ago she

embark herself into an explorations of the divine self, by studying: vibrational healing, sound healing, Essenes energy therapy, mysticism, intuitive astrology, mediumship, Tantra Shaktas, Gnosticism, Theosophy, sacred geometry, divine feminine paths, yoga and meditation. She has been initiated by the Tantra Master Shri Param Eswaran to the sacred science of Tantra Sakta and Para-Tan Sound Healing. She deepen her sound healing practice by studying with Jonathan Goldman and by learning the power of the overtone singing with Lorenzo Pierobon's overtones chorus.

In 2007, during a meditation with crystals she started to channel messages from her spiritual guide which helped her to awaken her ancient wisdom coming from the Golden Age (where she was a Crystals' Priestess) along with her deep spiritual relationship with Mother Earth. Her devotional mission as Earth-keeper, brought her, since 2012 to travel along the Dragon's layline, anchoring spiritual forces into Mother Earth's womb. She traveled in sacred places located in Nepal, India, Indonesia, Bimini-Bahamas, Israel, Palestine, Jordan, Ireland, Avalon-UK and of course Italy, the country where she is from.

She is a vinyasa yoga teacher and a spontaneous, dynamic, fluid, creative conscious dancer with an extensive 5 rhythms dance practice.

With her extensive background and deep sound healing knowledge, she brings wisdom, peace, spiritual awareness, guidance, intuition and a powerful transformative divine feminine energy to her classes, workshops and retreats that since 2010 she guides, to help people to re-connect with the ancient wisdom of the Earth.

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All packages

1 person € 1199 double room
2 persons € 1599 double room
1 person € 789 shared double room
1 person € 599 shared triple room
3 persons € 1799 shared triple room

For booking follow this link:

<https://www.tripaneer.com/organic-tribe/7-day-organically-italian-cuisine-cooking-and-yoga-retreat-in-lecce-italy>

or write to

info@organictribesalento.com