



italylab
EDUCATION

YOGA RETREATS

A SELECTION OF IDEAS
TO BUILD THE PERFECT JOURNEY
IN SORRENTO-AMALFI COAST



WHY
ARRANGING
A YOGA
RETREAT
WITH US?

Do you want arrange a workshop or Yoga travel with your class? We would like to be part of this adventure! We have a network of alluring locations, peaceful villas immersed in the nature, a selection of special experiences, labs and guided tours. We want to share with you all the best of our land and give you an authentic taste of Italy!



Full assistance and planning.
We accompany our customers step by step,
to arrange and manage the program:
accommodation, meals, thematic guided
tours, labs, workshops, tickets, transfers,
tutoring and assistance 24h.

Flexibility and creativity to realize
workshops, itineraries, excursions according
to the requests, the needs and the budgets.

We have a catalogue of Special
Experiences, Labs, Guided Tours developed
in cooperation with partners that represent
the Italian excellence in the world.

WHAT WE
CAN DO
FOR
YOU



OUR LAND:
TOURS-EXPERIENCES
&
ARTISANAL LABS

SORRENTO COAST

“Among vineyards, olive-trees, gardens of oranges and lemons, orchards, heaped-up rocks, green gorges in the hills, and by the bases of snow-covered heights, and through small towns with handsome dark-haired women at the doors – and pass delicious summer villas – to Sorrento where the poet Tasso drew his inspiration from the beauty surrounding him”.

(Pictures from Italy,
Charles Dickens, 1845)





AMALFI COAST

Amalfi overlooks the sea is a place of incomparable beauty, rich in history and tradition; here the impressive set of houses stands out whilst clinging to the rock. Its picturesque narrow streets once have experienced the glories of the powerful Maritime Republic.

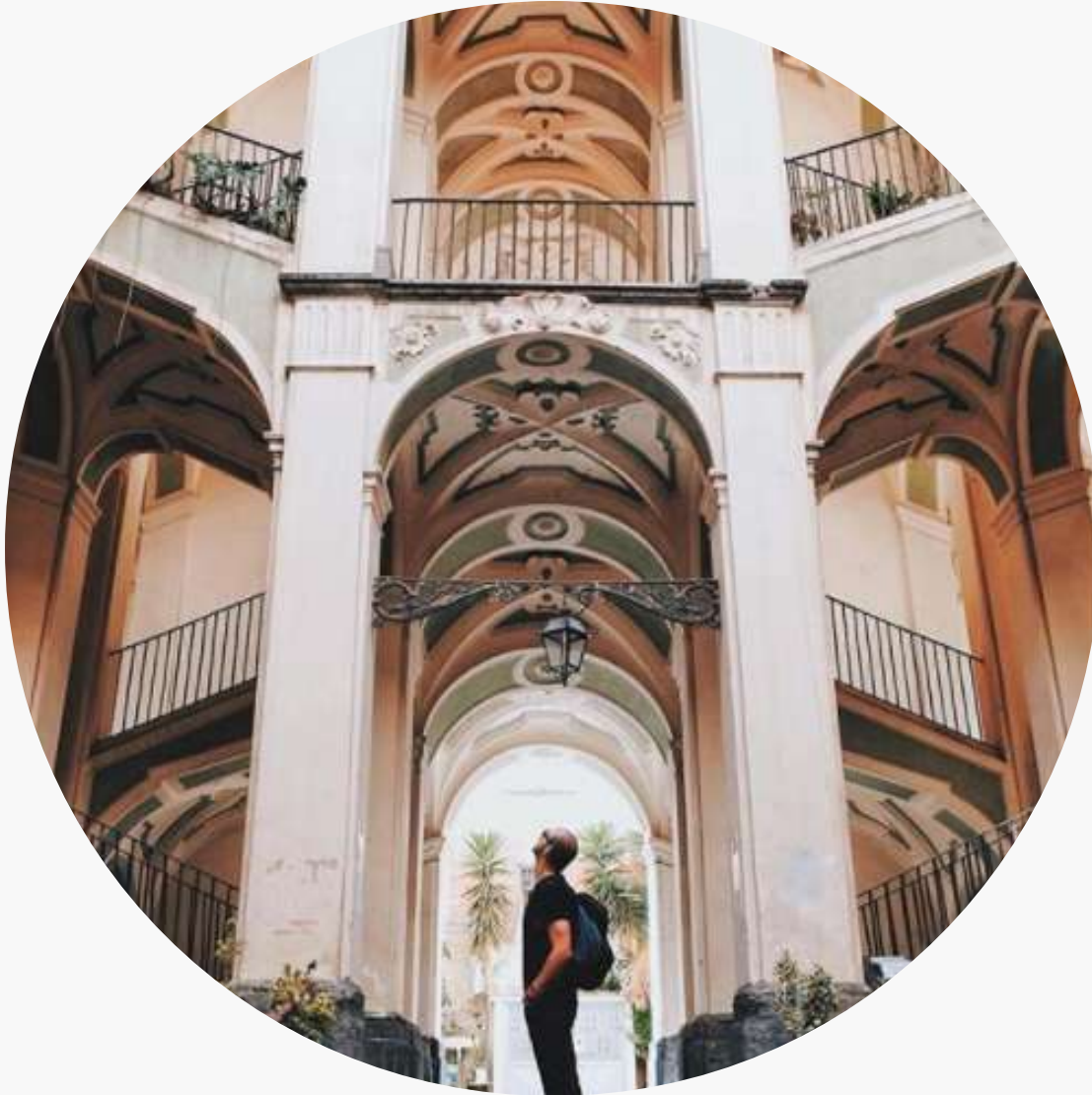
The architectural form of the Cathedral that dominates the main square of Amalfi has a complex history enriched by several styles that have once marked epochs.

VESUVIAN AREA

Ancient Pompeii covers 44 hectares of the excavated areas, it is the only archaeological site in the world that gives us the image of a complete Roman city. The ruins of the Domus, public buildings, the Theatre, the Baths, the lupanare and objects of daily use, are flanked by dramatic testimonies of life that has suddenly stopped one morning of August 79 AD.

Around the famous Pompeii it's possible to admire other little archaeological jewels as Stabiae and Oplontis, two pearls of fine arts.





NAPLES

The historic center of Naples is the core of the city also declared a World Heritage Site. It's formed by cardines and decumans. The peculiarity of Naples is found in the deep contradictions that you can experience in each and every corner, visitors can see real jewels of art, architecture, breath-taking landscapes, there are luxurious shops and workshops of artisans excelled, narrow streets close to the majestic roads and squares, all exists in a dynamic and vibrant ambient.

PHLEGREAN AREA

The Phlegraean Fields encompasses the area west of Naples along the bay. The name, literally burning fields, refers to the highly volcanic nature of this area. The coast around Baia was the French Riviera of ancient Rome. The entire coastline from Lago Lucrino to Capo Miseno was lined with luxurious villas and thermal bath complexes of the rich and famous. One villa on the hill above Baia has long been thought to have been Julius Caesar's summer residence.



SPECIAL EXPERIENCES

- Sailing around the Bay
- Path of Gods: trekking
- Practise Yoga in an Oasis
- Ferriere Valley: trekking
- Wine tasting in a Abbey
- Ancient Roman Dinner



ARTISANAL LABS

- Pizza Lab
- Organic Bread Lab
- Ceramic Lab
- Cooking Class
- Mosaic Lab
- Built an ancient roman flaute





THANK YOU!

info@italylab.education

www.italylab.education

