



## *Turn your holidays into wholidays*

### RETREAT SCHEDULE

Ashtanga Yoga – Inversions and a Healthy  
view of the practice  
with Lotta Sebzda

November 01 – November 08, 2025

#### Saturday 01

<b>From 2.00 pm</b>	Arrival at Agricola Samadhi. Check-in and accommodation in the rooms.
<b>7.00 pm</b>	Vegan dinner made with delicious organic vegetables “from our garden to your plate”

#### Sunday 02

<b>6.30 – 10.30 am</b>	Mysore
<b>10.30 am</b>	Vegan brunch
<b>4.00 – 6.30 pm</b>	Afternoon Practice
<b>7.00 pm</b>	Vegan dinner made with delicious organic vegetables “from our garden to your plate”

#### Monday 03

<b>6.30 – 10.30 am</b>	Mysore
<b>10.30 am</b>	Vegan brunch
<b>7.00 pm</b>	Vegan dinner made with delicious organic vegetables “from our garden to your plate”

#### Tuesday 04

<b>6.30 – 10.30 am</b>	Mysore
<b>10.30 am</b>	Vegan brunch
<b>4.00 – 6.30 pm</b>	Afternoon Practice
<b>7.00 pm</b>	Vegan dinner made with delicious organic vegetables “from our garden to your plate”

### Wednesday 05

6.30 – 10.30 am	Mysore
10.30 am	Vegan brunch
4.00 – 6.30 pm	Afternoon Practice
7.00 pm	Vegan dinner made with delicious organic vegetables “from our garden to your plate”

### Thursday 06

6.30 – 10.30 am	Mysore
10.30 am	Vegan brunch
7.00 pm	Vegan dinner made with delicious organic vegetables “from our garden to your plate”

### Friday 07

6.30 – 10.30 am	Mysore
10.30 am	Vegan brunch
4.00 – 6.30 pm	Afternoon Practice
7.00 pm	Vegan dinner made with delicious organic vegetables “from our garden to your plate”

### Saturday 08

8.00 – 10.00 am	Breakfast with homemade cakes, seasonal fruit, homemade jams and other organic produce
10.00 am	<b>Check-out.</b> However, you can leave your luggage in the reception and stay for the day

## HOW YOU CAN SPEND YOUR FREE TIME



During your stay here, you will have plenty of free time. Whatever you decide to do, we will be there to help you organize it.

Please note that leisure activities are not included in the price of your stay and some require booking in advance. All the places mentioned can be reached by car in 20/30 minutes. We can help you rent a car or book a transfer service.

### At Agricola Samadhi you can

- Lie in the shade in hammocks.
- Sunbathe and swim in the pool.
- Book treatments and massages (shiatsu, Thai, ayurveda, sound massage, reflexology, osteopathy and many others) with our professional therapists.
- Relax in the SPA with jacuzzi, steam bath and sauna.



### Activities to do outside Agricola Samadhi



In the Salento region, you can go on numerous nature and outdoor excursions to discover a land full of hidden treasures. You can have many fun experiences:

- Boat or kayak trips to explore the coastline
- Walks and treks to discover places of great natural interest, such as the WWF Oasis Le Cesine, the Porto Selvaggio nature reserve, the Zinzulusa cave, the Poesia cave, and the La Cutura botanical garden.
- Cycling excursions to admire the countryside with local guides.
- Scuba diving to discover the underwater wonders.
- Windsurfing and kitesurfing at Frassanito beach.



You can also go on sensory and cultural tours, including

- Sensory tours to wineries to taste Negroamaro, Primitivo and other delicious local wines.
- Visits to the historical centres of Lecce, Galatina, Gallipoli and Otranto to discover the magnificent Baroque architecture and ancient castles.

