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Custom Journey to Umbria Italy for Yoga Group in 2027

July 29, 2026 rev dm/nd

Day 1 Friday September 17, 2027 Depart USA

- International flights from the USA to Rome, Italy booked independently.

Buongiorno e Benvenuti/Welcome to La Bella Italia!

Day 2 Saturday September 18, 2027 Arrive Rome, Italy – Perugia

- Upon arrival at the Rome Fiumicino International Airport, meet your private driver in the arrivals hall, holding a sign with your name, for transfer to your accommodations in Umbria near Perugia.
- Check in time is tbd.
- Take the remainder of the afternoon to rest and relax while adjusting to the time-change.
- Enjoy sunset yoga (tea, juice and water provided) before you share your first meal together in Italy. This will be a Welcome Dinner!
- Overnight in Castle. PT/D/Castle

Day 3 Sunday September 19, 2027 Perugia and Deruta day visit

- Breakfast at castle.
- Meet your private driver for the day to explore the towns of Perugia and Deruta.
- In Perugia you will have some free time. While in Deruta, we will seek to arrange a ceramics demonstration.
- Return to your accommodation in the afternoon.
- Overnight in Castle. B/PD/CerDemo/Castle



Perugia – This is the capital city of the Region of Umbria. The history of Perugia dates to the Etruscan period. It is also known as the "Universities Town" because it is home to the University of Perugia, the University of Foreigners, and several smaller colleges. Perugia is a well-known cultural and artistic center of Italy. The chocolate factory of Perugina is worth a visit; it is well known for rich chocolate and Baci candies. Every year, Perugia celebrates the Euro-chocolate Festival and the Umbria Jazz Festival in July.

Deruta – This is a picturesque, hilltop town in the Umbria region, renowned globally as the historic heart of Italian hand-painted Maiolica pottery. This medieval walled village has been continuously producing highly prized, vibrant ceramics since the 13th century.

Day 4 Monday September 20, 2027 Perugia, Assisi and Spello day visit

- Breakfast at castle.
- Meet your private driver for the day to explore the towns of Assisi and Spello.
- In Assisi, we will arrange a private guided walking tour and entrance to the Basilica.
- After the tour, you will enjoy lunch together and then a short hike to the area of San Damiano for reflection and meditation before going to Spello.
- Have free time in Spello before returning to your accommodation.
- Overnight in Castle. B/PD/G/ET/L/Castle



Assisi - This is the famous hometown of San Francesco, the saintly symbol of peace around the world. The city was a Free Town during the XII century, and it was in this period (1182) that Giovanni di Bernardone (San Francesco) was born. The complex of the famous basilica dedicated to Saint Francis is composed of two churches, one built above the other. The lower church dates to 1228-1230 and the upper from 230-1253. Far below both is the crypt that houses the saint's tomb. He influenced the life, religion and culture of Assisi, and later, of the entire world.

Spello – It is described as enchanting and captivating. This is a well-preserved medieval hill town in Umbria situated on the slopes of Mount Subasio. It is famous for its winding, flower-lined cobblestone streets and ancient Roman roots. Small artisan galleries and shops line the streets in the historic center. And the flowers! It seems that every street, window, doorstep, and wall are filled with green plants and flowers. Situated high on a hill, the vistas are also wide, green, and gorgeous.

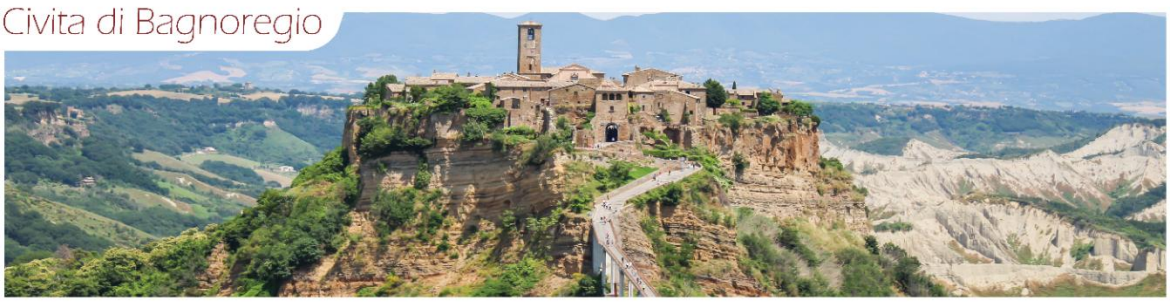
Day 5 Tuesday September 21, 2027 Perugia, Yoga Workshop, Cooking Lesson - Dinner

- Breakfast at castle.
- Today will be a day devoted to your Yoga workshop.
- Later in the day, we will arrange a cooking lesson and dinner for you.
- Overnight in Castle. B/Yoga/light L/CL/D/Castle



Day 6 Wednesday September 22, 2027 Perugia, Civita di Bagnoregio and Orvieto

- Breakfast at castle.
- Meet your private driver for the day to explore the towns of Bagnoregio and Orvieto.
- In Bagnoregio, you will have some free time to explore.
- Then continue to Orvieto for lunch at a restaurant (the restaurant was once a ropemaker's cave).
- After lunch, enjoy a private guided tour of this medieval town before returning to your accommodation.
- Overnight in Castle. B/PD/L/G/ET/Castle



Bagnoregio - The ancient and almost abandoned tiny town of Civita di Bagnoreggio is perched upon an ancient tufa rock and is accessible only by crossing a foot bridge. The town dates back over 2500 years to the fascinating Etruscan civilization. Enjoy time at leisure for independent exploration.

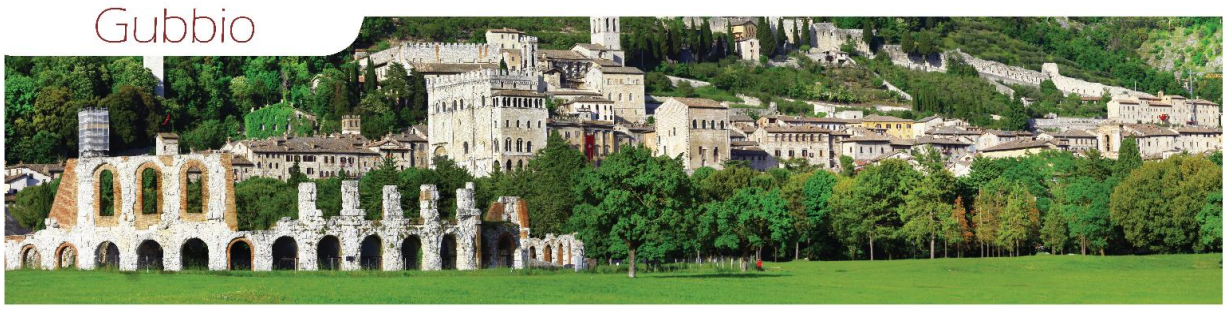


Orvieto - The origins of Orvieto date back to the Etruscan civilization. The first Etruscan settlements, from the 9th century B.C., in fact, were found inside the tuffaceous caves in the bedrock upon which today rises the city itself. The Duomo is the most famous Cathedral of the city. Construction of this Italian Gothic style structure took 100 years to complete and dates to 1263. The Duomo houses the blood-soaked cloth which is the relic related to the miracle at Lake Bolsena which occurred in the same year. The modern day Roman Catholic Festival of Corpus Christi is a result of this miracle. While in Orvieto, enjoy simply sitting and sipping a cold glass of local white wine as you observe the locals in town. There are also many beautiful shops to explore. One of our favorite things to do is to sit back and observe the Orvietani (citizens of Orvieto) themselves, as Orvieto is a very tranquil and contained city and independent exploration is a pleasure.

Day 7 Thursday September 23, 2027 Perugia, Frasassi Caves, Gubbio

- Breakfast at castle.
- Meet your private driver for transfer to the Grotte di Frasassi for a guided tour. These caves are in the nearby region of Le Marche.
- After time there, continue by driver to the town of Gubbio where you will enjoy lunch and some free time.
- Return by driver to your accommodation.
- Overnight in Castle. B/PD/G/ET/L/Castle

Frasassi Caves – This area is one of Italy's top caverns and one of the largest known cave systems in Europe. Breathtaking stalagmites and stalactites are scattered throughout the massive caverns that have abundant water. The Ancona Abyss with its vaulted ceilings is one of the most popular spots to see. The tour is on a well-lit walkway and the cave temperature is about 57 degrees all year long.



Gubbio - Situated on the lower portion of Mount Ingino, Gubbio is rich in history as it was founded in pre-Roman times. Independent exploration is a pleasure in this small town. On the 15th of May each year, the city celebrates St. Ubaldo Day and three teams race through the city carrying statues of St. Ubaldo, St. George and St. Anthony of Padua. Perhaps take a cable car to the top of Mount Ingino, with the beautiful Sant'Ubaldo Basilica and views of the nearby Apennine mountains. As you stroll through the center of town, you will marvel at its Gothic style architecture, like the Palazzo dei Consoli.

Day 8 Friday September 24, 2027 Perugia-Montefalco

- Breakfast at castle.
- Meet your private driver for the day.
- Today you will visit two separate wineries in the region. Enjoy touring and tasting wines at each location. Lunch will also be included.
- Return to your accommodation in the afternoon.
- This evening, prepare for your departure tomorrow.
- Overnight in Castle. B/PD/WT/L/WT/Castle



Day 9 Saturday September 25, 2027 Depart Roma

- Breakfast at the castle and check out.
- Meet your private driver for transfer to the Rome International Airport to begin your journey home to the USA.
- Arrivederci, Bella Italia! B/PT

CODES: B=Breakfast L=Lunch D=Dinner H=Hotel G=Guide ET=Entrance Ticket PD=Private Driver PT=Private Transfer TRTK=Train Ticket BR= Boat Ride WT=Wine Tasting PWT=Private Water Taxi CL=Cooking Lesson

Your custom itinerary includes

Yoga and Meditation with Rose Sabin

7 nights stay in an ancient Castle

7 Breakfasts

5 Lunches

2 Dinners

Private drivers and transfers as indicated from the time of arrival until departure.

3 Private Bilingual certified Guides

3 Entrance Tickets

1 Ceramic demonstration

2 Wine Tastings

1 Cooking Lesson

24/7 concierge service from Diana & staff

Price per person based upon double occupancy is $4965.00 + international airfare

Single room Supplement is $778.00

There are a total of 27 spaces + instructors

For this journey there are 11 double occupancy rooms that can be made up with twin beds

And there are 5 rooms which can be singly occupied

***All participants are required to sign our terms and agreements.