

Sole Yoga Holidays

Positano Paradise Yoga Retreat

Sole Yoga Holidays is thrilled to announce our most popular summer yoga retreat along the jeweled coast of Italy in Positano.

This exciting retreat takes place at a beautiful and charming cliffside eco-resort in Positano.

This is not a yoga retreat for going out in the evenings. It is only accessible by foot. If you are not comfortable with this idea, this is not the retreat for you! If you have any hesitations, contact us before booking.

• **Travel Options:** There are several ways to arrive. The closest airport is **Napoli (NAP)** which serves international airlines from the USA, Canada, EU & other locations. Please try to arrive by 2pm (14.00) at (NAP) for our included pick-up.

You can also fly into Rome, Florence, Pisa or Milan airports. From there, you will take a train into **Napoli Centrale (main train station)** where we will pick you up. Again, pick-up time is 2.00 pm for our included transfer.

If you are unable to make these times, please let us know,

We can assist in arranging your own pick-up, **not included.**

Price for private transfer is appx. 150-175€. If someone else signs up needing a transfer outside of our pick-up time, we will do our best to pair up guests to reduce the costs for you.

We are not a travel agent and will not book any train or flights, but we live full-time in Italy, so we can assist you in your plans to ensure a trouble-free retreat!

Departures: we will depart our retreat location appx. **9-10am back to Napoli airport and train station.** Keep this in mind when booking your return plans. Please ask if you have any questions.

Average Times to consider:

-Napoli airport to retreat: 1 hour, 30 min

-Napoli train station to retreat: 1 hour, 30 min

-Rome airport to Napoli train station:

1st, take express train (Leonardo) to main station (Termini). Then, train from Termini to Napoli Centrale: 1 hour, 10 min.

-Milan airport to Napoli train station: There are several options (shuttle, train, metro) from either airport in Milan to main train station (Milano Centrale). From there, the train to Napoli Centrale: 4 hours, 50 mins

-Florence or Pisa airport to Napoli train station: 1st take either a shuttle bus (Terravision is a good one) or taxi to Florence's main station (S. Maria Novella). From there, take the train to Napoli Centrale: 2 hours, 56 mins.

Here are a couple of sites to review train schedules (both with English language)

Trenitalia: trenitalia.com

Italo Treno: italotreno.it

• **Weather:** Positano is hot and sunny in Jul. No warm clothes are necessary, but maybe a light shawl as there are a few breezy evenings. We will practice outdoors but adjust according to the sun so as to not get too warm while practicing. Bring sunscreen and other cover-ups you desire for protection.

• **Bugs:** There are some mosquitoes in the area, but not an issue. Take along any spray or precautions to make the stay more comfortable. We are in NATURE, so sometimes bugs come with the territory!

• **Food:** Meals are 100% vegetarian. Certain dietary restrictions can be accommodated. Please let us know upon sign-up.

For additional questions, concerns or travel assistance, please email:

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