



Joelle Kelly **Bespoke Yoga**



AWAKENING RADIANCE AT La Rosa Dei 4 Venti, Puglia

SEPTEMBER 8 - 15, 2018

An Extraordinary Wellness & Yoga Retreat with Joelle Kelly

Imagine a nourishing balance of conscious movement and relaxation whilst immersed in the beauty of the Italian countryside. The mesmerizing charm of Puglia is its slow approach to everyday life. Centuries-old farmland hemmed by sun-bleached, sandy beaches with warm turquoise waters.

How can this peaceful vibe be anything but healing for body and soul?

Over the course of a week we will explore a range of tools to stimulate body, heart and mind: Yoga, Tibetan Wisdom Sword, breath, meditation, and more, in addition to plenty of down time to soak up the glorious beauty of the area!

My goal is to ignite your senses - to pull you out of your 'daily grind' of responsibilities and obligations, and to encourage your curiosity of that which sparks a flame in your heart.

Why? Because when you take time to self-nourish, amazing things begin to happen: your senses are activated, passions are awakened, and what emerges is the ability to bring forth your most Radiant Self!





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The Location

Puglia is the ancient and beautiful area of southern Italy situated between the Ionian and Adriatic Seas. Come with me and experience its irresistible charms: fascinating towns in shades of white and gold, historic white-washed 'trulli' houses, sublime climate, excellent cuisine and some of Italy's most beautiful beaches to boot!

La Rosa Dei 4 Venti sits atop a hill in the Valle D'Itria, near Martina Franca, a lovingly restored 18th century masseria, or farmhouse, set within 14 acres of vineyards, olive groves and woodlands.

There are stunning views of the countryside, ancient paths through the forest, a lovely chapel, and a large swimming pool surrounded by daybeds and loungers - perfect for sunbathing. The property also offers many nooks for privacy and relaxation in addition to nearby historic villages and beaches.

This is the setting for Awakening Radiance: A mindful journey to activate the senses and awaken inner transformation!



We shall have an intimate retreat as the only guests during our stay at La Rosa Dei 4 Venti. Only TEN rooms are available.

The en suite rooms are located around the main house in addition to several 'trulli' houses nearby.

All are elegantly and simply furnished in keeping with the beauty and grace of the area. Rooms can be prepared for single or double occupancy, and a limited few are available for triples.

Rooms will be filled on a first come, first served basis.



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There is a palpable, heart-felt warmth at this family-run sanctuary which extends to the delicious cuisine.

Much attention is given to the properties and benefits of all food. You will experience a variety of tastes and colors at each meal: home grown, organic and chef-prepared vegetarian meals based upon a ph alkaline diet philosophy to bring energy, health and balance to your body.

We eat at the large communal table and the kitchen is flexible to accommodate special needs.

What Is Included

7 nights luxury en suite accommodations

Daily pranayama and meditation

Daily yoga and Tibetan movement practices

Introduction to Tog Chöd Wisdom Sword meditation

All yoga mats and gear

All on site meals, beginning with dinner on the day of arrival and breakfast on the day of departure

*Dinner is served with optional local wine

One 60 minute *La Rosa Dei 4 Venti Signature Massage* - A unique and deeply healing form of energetic shiatsu custom crafted to meet the needs of each person

Plenty of water, herbal infusions, coffee, and snacks throughout the day

Activities and goodies to support the Awakening of Radiance

Generous amounts of free time to explore the area or simply lounge by the pool.





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What is NOT Included

Flights & Airport transfers

Travel Insurance - Strongly encouraged

Private excursions and off site meals

Private spa services



Rates & Accommodations

SINGLE occupancy - \$2,850

DOUBLE occupancy - \$2,250 per person

TRIPLE occupancy - \$1850 per person (limited availability)

Register and Bring-A-Friend to receive a \$150 Rebate when they complete registration

Deposit - \$750 per person



Full Payment due by 7/15/2018

Spring Fling! Use code MAY15 for \$300 off your retreat when you Pay in Full by 05/27/2018

Cancellation & Refund Policy

Payment in Full or a **non-refundable** deposit in the amount of \$750 is required to reserve your spot. Please book early to secure your preferred type of occupancy.

Balance must be paid by 7/15/2018 - Failure to do so may result in the forfeiture of your reserved space. Registrations after 7/15/2018 must be paid in Full.

Cancellations up to 7/15/2018 will receive a refund of 50% of money paid minus the non-refundable deposit.

Cancellations after 7/15/2018 are non-refundable.

Since last minute injuries, illnesses, work emergencies, or deaths in the family unfortunately do happen, we **HIGHLY** recommend securing Travel Insurance.



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Getting There

The nearest airports are Brindisi (about 45 minutes away) and Bari (about 1 ½ hrs away).

Arrival and departure must be organized by each participant. La Rosa Dei 4 Venti has a shuttle service and can easily coordinate all transportation (subject to a fee) to and from the retreat site whether you arrive by train or by plane. Once you have your travel details we will assist with finalizing your arrangements.

ARRIVAL: Saturday, September 8th, 2018 - 6 PM (please do not arrive at the venue earlier than 6 pm)

DEPARTURE: Saturday, September 15th, 2018 - 8:30 AM out of rooms, departure by 10:00 AM.

La Rosa Dei 4 Venti can assist with accommodations, in nearby Martina Franca, for arrivals and departures outside of the retreat dates.



Joelle Kelly

Joelle is a charismatic and motivated certified yoga and Tibetan movement instructor.

She has the unique ability to connect with students in a genuinely warm and grounded manner.

A student and teacher of Forrest inspired Vinyasa, her certifications also include specialized studies in teaching and training teachers in Tibetan Buddhist movement and yoga.

About Joelle: www.LuJongNewYork.com

This retreat is suitable for all levels of participants whether you seek to deepen your practice or simply wish to recharge in a relaxing environment.

You will return home feeling utterly radiant after a week of nourishment, indulgence and blissful activation of body and mind. Are you ready to Awaken your Transformation?

[Register For Awakening Radiance](#)

About our destination, [La Rosa Dei 4 Venti](#)

Questions? Contact Joelle: Joelle@LuJongNewYork.com OR (917) 796 2251