

Adeles Yoga
Holiday
18-24 July 2027

Italy

Real Yoga for Real People

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Welcome to your Italian yoga holiday

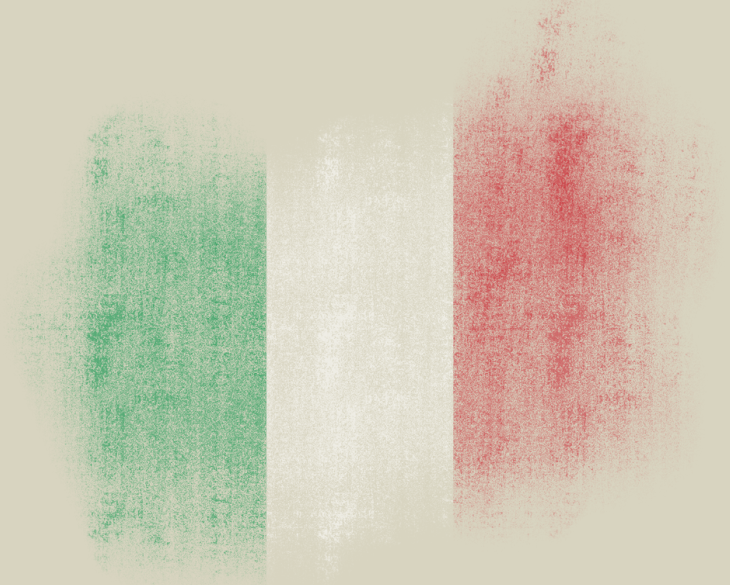
Join me for a week in the rolling hills of Sabina. A place where sunshine, nature and slow living wrap around you the moment you arrive.

This week is your deep exhale. The kind you feel when you step away from everyday life and drop into the rhythms of yoga for body, mind and soul. And the best part:

There are no shoulds and no expectations.

It's a holiday, and you can do as much or as little as you'd like. Rest, read, swim, explore... whatever feels good. Soak up your Italian surroundings of olive groves, fruit trees, lily ponds, natural springs, hammocks and quiet corners where time slows down.

I'd love you to join me, Adele x



The week in a nutshell

Luxury Accomodation

Nestled in nature, a blend of luxury, comfort and effortless Italian style across two beautifully restored 17th-century stone farmhouses.

Choose from stylish single rooms, shared twins or triples, stunning glamping tents, or chic garden campers. All perfectly positioned to amble to and from our yoga shala and our communal areas.

Fresh, Local & Full Board

We have a joyful food and drink offering. Tea/Coffee and fruit basket before AM yoga; breakfast, lunch, light snack and our evening meal each day.

Chef Chantal will spoil you with Mediterranean veggie dishes, locally sourced with an Italian touch. Tea, coffee, fruit baskets (and often cookies) are on offer all day. Water is freely available. Alfresco dining throughout.

A “wow” Yoga Shala

Our twice-daily yoga sessions take place on this breathtaking outdoor yoga shala with sweeping views across the lush green valley.

At 150-square-meters this yoga platform is renowned for its beauty. All Yoga props - mats, blocks, straps, blankets (you name it they've got it) are available to us and are newly replenished for 2026/2027.

Relaxation Essentials

- Pool with comfy sunbeds and pool bar
- Beautiful grounds with many spaces to relax, unwind and drop down a gear, including a great hammock!
- Outdoor terraces
- Indoor relaxation areas with comfy seating
- Indoor yoga shala or quiet space room

The Place

The area we are heading to is nestled in the peaceful 'Sabina' countryside near Rome. From Rome airport (FCO) we'll head northbound for an hour, to reach our Italian home for the week - OLEA.

OLEA is located in Torri in Sabina, a picturesque village surrounded by rolling hills and olive groves. This serene location offers a perfect escape from the hustle and bustle of life while being conveniently close to Rome's airports, making arrivals/departures hassle-free.

OLEA provides an ideal setting for relaxation as well as adventures in nature (should that be your bag). It combines a great balance of remoteness and privacy, while staying connected to modern conveniences and village life.



Your Host: Adele Wills



Balancing Life Inside Out

ABOUT ME

I'll be your host throughout the week, and I'll be guiding you safely into your yoga practices each day. I'm here to support you with any questions or requirements you might have to ensure you have the best possible holiday.

My style of teaching is based on the principle of ***Real Yoga for Real People***. The style of yoga you'll experience is warm, welcoming and it suits people of all abilities; it's for every body and everybody.

You can expect a blend of Hatha, Yin, Restorative, Breathing and Meditation techniques, all wrapped in kindness. The mantra that I teach by is '***to have no shoulds, to have no expectations***', and know that you are welcome just as you are.

The Yoga

01

Throughout the week you can expect twice-daily guided yoga practices in the outdoor shala. The yoga will range from energy-awakening morning practices, to more restorative get-ready-for-bed practices in the evening.

02

You'll enjoy Hatha, Yin and Restorative yoga. All are underpinned by mindfulness and breathwork. The ability level is very much 'for every body and everybody' - as we layer up the poses, meaning everyone explores the yoga in their own unique way.

03

All yoga practices are completely optional. There are no shoulds, no expectations, and no element of performance. We're focussed on being your body's best friend.

"The main take-out from the experience is rest, relaxation and rejuvenation from the inside out".



Facilities at Olea

We have exclusive use of the Olea estate for the duration of our holiday



- Outdoor Pool with Sunbeds
- Pool Bar
- Outdoor Shower & WC
- Fully Equipped Kitchen
- Bamboo Garden
- Tree House
- Outdoor Yoga Platform
- Indoor Yoga Shala
- All yoga props
- Various Relaxation areas
- On-Site Parking

"Everything you need for a relaxing and rejuvenating stay"



The Food

Chef Chantal will spoil you with Mediterranean vegetarian dishes, locally sourced with an Italian touch. All meals are vegetarian. Wine is not included but is available to purchase at 10 Euros per bottle.

You'll enjoy full board for your stay except for the Friday night where we'll either head to the Vineyard for wine pairings and a meal, or walk to the local village for a woodfired pizza.

Full Board explained...

- Tea & Coffee + fruit basket in the morning available starting 8am until the end of breakfast (great for rumbling early morning tummy's pre-yoga)
- You'll get a daily Breakfast, Lunch and Dinner (or as we say, Tea!)
- You can help yourself to tea or coffee and water throughout the day
- During your day there is a fruit basket as well as some cookies / dried fruits for you to enjoy as you'd like

**Allergies / dietary requirements will be gathered on the booking form and shared with Chantal*

"Friday night we mix it up and either head to the local vineyard for a meal with wine tastings or walk to the local village and enjoy a top notch pizza!"



Prices / What's Included

£1299-£1899 p/p

A mixture of room options are available and are shared within this pack.

A non-refundable deposit of £450 is required for your booking, alongside your booking form.

Accommodation

6 nights and 7 days stay including exclusive use of the hotel facilities.

Check-in from 3pm on the day of arrival, checkout 10am on departure day.

Organised trips

A half-day guided hike is included in the package price, more info on this within the pack.

Additional activities have been scoped out for you which are optional.

The yoga

Twice-daily yoga with the exception of the arrival and departure days. See the sample schedule within this pack. This is a yoga holiday and factors in free time.

The Food

Vegetarian, home-made meals daily based on the Mediterranean/Italian diet. You'll enjoy 6 breakfasts, 5 lunches and 5 evening meals.

Transfers

Transfers to and from the venue are included with the package price, as long as you are on the recommended flights for the group.

What's included?

- 6 nights at Olea, our luxury accommodation and wellness centre
- Twice daily yoga practices except for arrival and departure days
- 6 mornings alfresco breakfast on the terrace
- 5 vegetarian alfresco lunches on the terrace (or packed lunch if you head off on a hike)
- 5 vegetarian alfresco evening meals on the terrace
- Yoga shala for your yoga practices including all props
- A half-day guided hike
- Tea/Coffee/Snacks/Water and Fruit throughout
- Stunning settings and sunsets
- Shared transfer if you're on the suggested flights / or are able to get to the group meeting point on the day of arrival



What's not included?

- The Friday evening meal out which will either be at the local vineyard with tour, tastings and evening meal, OR the option to walk to the local village and enjoy a woodfired pizza in a great setting
- Your flights
- Your travel insurance (highly recommended from the point of booking onto the holiday)
- Additional activities: massages; ceramic workshop, cooking class from our in-house chef; additional guided walks over and above the one included etc.

Included in your package

(Optional, no pressure to join in)

HALF-DAY HIKE WITH LUCIO: THE FARFA RIVER HIKE

We will join Lucio for a half-day nature exploration which is for all abilities and will take circa 4hrs. The walk is called the Farfa River hike, and is perfect for cooling off in the Summer month of July.

Expect an easy, refreshing half-day out where we can explore, splash, wander, and enjoy the cool shade of the river valley.

Bring some water shoes for this one folks.



"This is included in your package, a half-day trip out in nature, and a hike with a difference. It's still completely optional".

Additional Activities

Here are a selection of add-on activities which we can organise for those who are interested:

CLAY ESSENTIALS WORKSHOP WITH KARLA

In this 2-hour workshop, Karla will introduce you to the fundamentals of clay modelling. You'll create 1-2 unique pieces using the pinch hand-building and slab building technique. To allow enough time for firing and for Karla to return your finished pieces, we recommend scheduling this workshop the 2nd day of the retreat. As we arrive on Sunday, the workshop would be on Monday. The ideal timing is mid-morning, following breakfast and finishing just before lunch, making it a relaxed and creative part of your day.

Pricing: 80€ each participants (Minimum of 2 participants required)

COOKERY LESSON WITH CHEF CHANTAL

In this 3-hour immersive cooking experience, Chantal will guide you through the art of traditional Italian cuisine. You will make your own pasta and one dessert. This class will take place after lunch around 15:30, allowing you to enjoy your culinary creations for dinner.

- Main Course: Make your own pasta! Learn how to make pasta from scratch.
- Dessert Options, either: Crostata (Easy), Tiramisù (Medium), or Profiterol (Advanced)

Pricing: 3 - 5 participants 45€ each; 6 - 10 participants 40€ each; 11-15 participants 35€ each

The cooking class can't be on Monday or Friday



Additional Activities

Here are a selection of add-on activities which we can organise for those who are interested:

MASSAGE TREATMENTS WITH THE OLEA APPROVED THERAPISTS

On site you have the possibility to book massage treatments with one of the Olea masseuses - Ki, Leticia, and Simona. There is no need to make the bookings prior to our arrival. You can make the bookings with Olea when we are there.

Treatments are provided by qualified therapists that come to the retreat.

Pricing: €70 for 1 hour

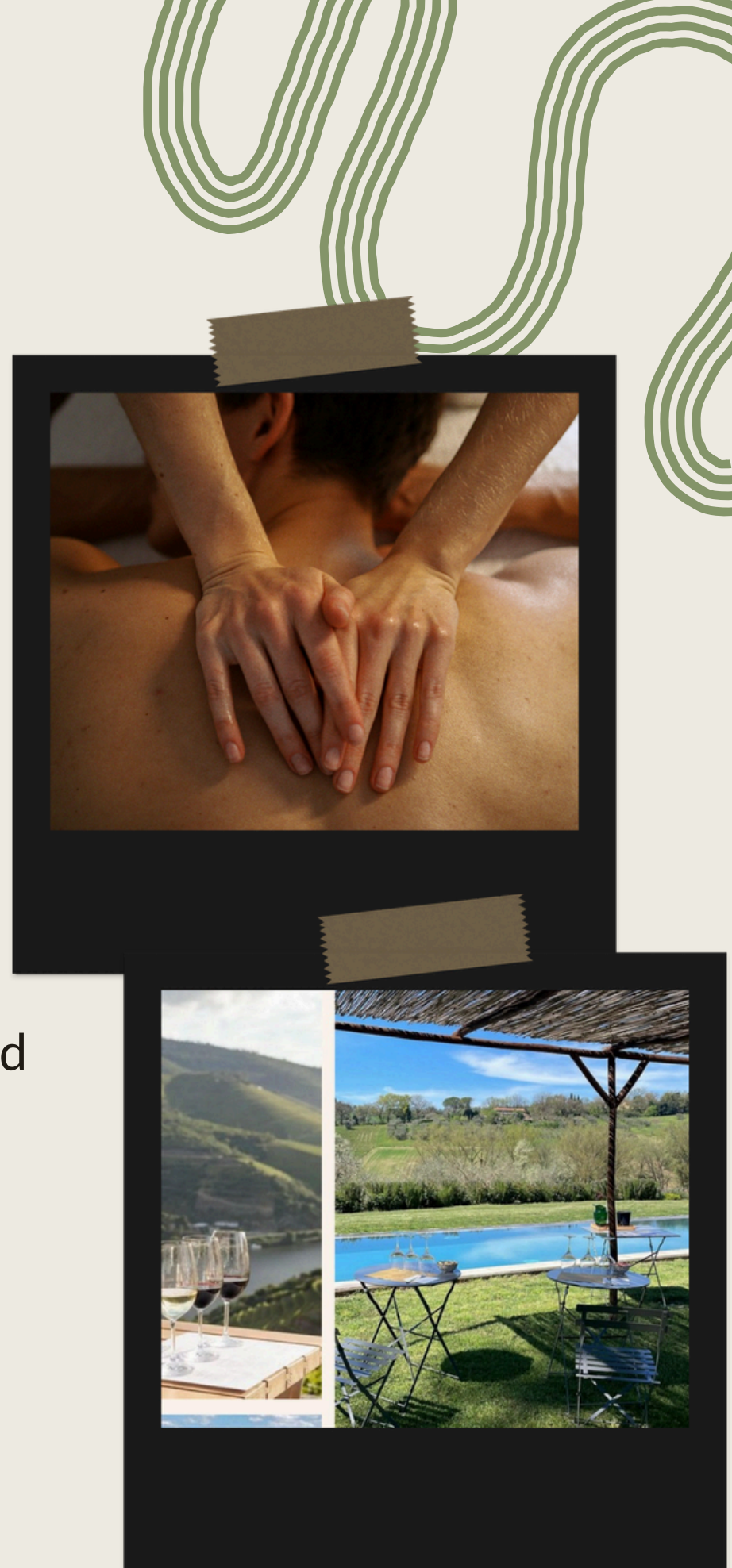
WINERY TOUR TO CANTINA LA MADELEINE - PAIRED WITH EVENING MEAL

There is an option on the Friday evening to eat out, and we can combine that with a wine pairing and winery tour through this activity should you wish.

About the tour: visit the beautiful winery in Otricoli, learn about the wine and taste it. This family run winery love welcoming groups and hosting wine tasting experiences. Minimum number of participants is 8.

Full dinner (3 courses) paired with 4 wines. **Pricing** 70€ per person

Transport (subject to change): 230 Euros (8 seater) or 330 Euros (20 seater) for the group for 4hrs.





Room Options

HOW IT WORKS

We have exclusive use of the Olea wellness estate and we have a mix of room formats which span across the 2 converted farmhouses and the outside accommodation for those who like to be close to nature.

The accommodation can facilitate up to 22 people including me as your teacher. We have Twin and Triple Rooms; Doubles; Single Supplement Rooms; a mix of en suite options and shared bathroom options.

For ease I've broken down the options on the following pages. When a specific room has gone, it's gone. And so if upon viewing the brochure you're interested in a particular room, please contact me with your wishes and I'll do my best to accommodate them.

A booking is only confirmed once the booking form is completed and your non refundable deposit is received. For the booking form and the bank details please contact me at adele@adelesyoga.com or on 07794866160.

""I slept better here than I have in years – the quiet, the air, the stillness... absolute heaven." – from a student who stayed at Olea

House 1



1. Walnut:	Twin or Double (ensuite bathroom)	£1,599pp
2. Chestnut:	Triple only (ensuite bathroom)	£1,599pp
3. Terra:	Twin or Double (ensuite bathroom)	£1,599pp
4. Olive:	Twin or Double (ensuite bathroom)	£1,599pp

WALNUT

£1599 per person

- 2 single beds or put together for a couple
- Own bathroom with toilet & shower
- Approximately 20m²





Triple Room only
3 x Single beds
£1599 per person

CHESTNUT

- 2 or 3 single beds or put together for a couple
- Own bathroom with toilet & shower
- Approximately 20m²



TERRA

- 2 single beds or put together for a couple PLUS 1 sleeping sofa
- Own bathroom with toilet & shower
- Approximately 26m²

£1599
per person





£1599
per person

OLIVE

- 2 single beds or put together for couple
- Own bathroom with toilet & shower
- Approximately 26m²

House 2



1. Bamboo:	Single occupancy (shared bathroom)	£1,899
2. Sand:	Twin or Double (shared bathroom)	£1,499pp
3. Oak:	Twin or Double (shared bathroom)	£1,499pp

BAMBOO

- 2 single beds or put together for couple.
- Shared toilet and shower upstairs.
- Approximately 16m²

£1899

Single person
Occupancy

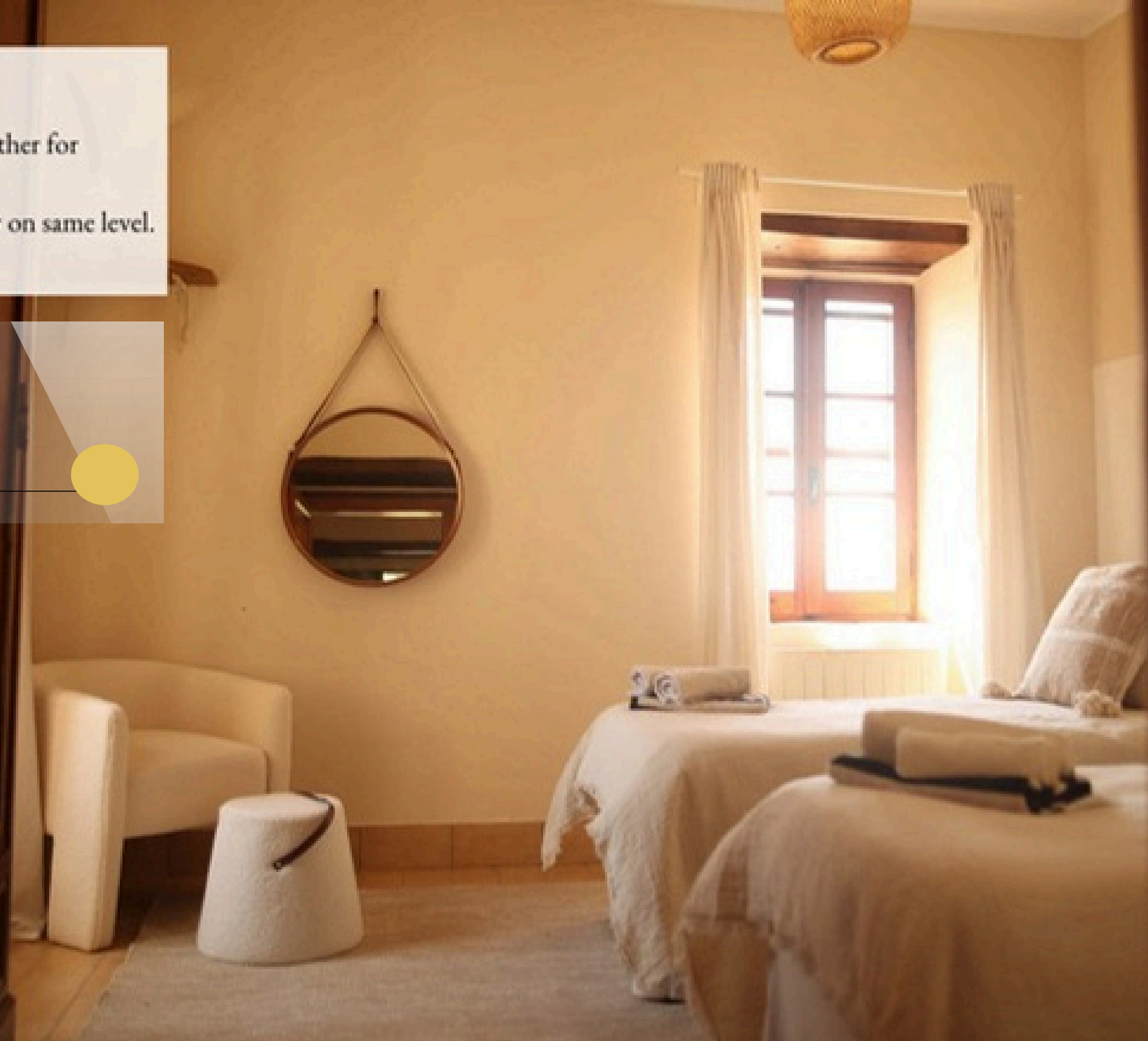


SAND

- 2 single beds or put together for couple.
- Shared toilet and shower on same level.
- Approximately 18m²

£1499

per person



OAK

- 2 single beds or put together for couple.
- Shared toilet and shower on same level.
- Approximately 20m²

£1499 per person



Outdoor: Glamping Tents and Garden Campers



OUTDOOR ACCOMMODATION

- 3 Glamping Tents
 - Tent 1: Bigger tent with 2 single beds separate or put together (as seen on this or next slide)
 - Tent 2: Queen size bed for single use or for couple/ good friends
 - Tent 3: Two single beds or put together for couple.
- 2 Campers with 120cm wide bed, best for single occupancy

Tents and campers have a fan as well as electricity.

All outdoor accommodation use outdoor WC as well as two warm outdoor showers OR the shared indoor bathrooms.



Tent 1: Twin or Double
Tent 2: Single occupancy
Tent 3: Twin or Double

£1,399pp
£1,599
£1,399pp

Camper 1: £1,299
Camper 2: £1,299

The image shows the interior of a glamping tent. On the left, a bed with a black metal frame is dressed in white linens and has a white dresser in front of it. The dresser has two drawers and two doors with ornate handles. On top of the dresser are two white ceramic vases, one of which holds a dried plant. To the right of the bed, there is a wooden armchair with a light-colored cushion and a patterned throw blanket. In front of the chair is a large, square, woven ottoman. The tent's interior is covered with a light-colored, textured fabric, and the floor is carpeted. The lighting is warm and ambient.

Tent 1: Twin or Double £1399pp
Tent 2: Single occupancy £1599
Tent 3: Twin or Double £1399pp

GLAMPING TENT

Camper 1: Single occupancy £1299
Camper 2: Single occupancy £1299



CAMPER

Daily Schedule

(Subject to change)

SUNDAY 18th day of arrival

Airport transfer to Olea (subject to change based on flight availability)	14:00
Arrive at OLEA. Welcome drinks on the terrace	15:00
Settle into rooms, unpack, wander the gardens	16:00
Yoga stretch from head to toe after travelling	17:00
Shared evening meal under the Sabina sky	19:00
Slow evening wind-down, early night	21:00



MONDAY 19th

Morning energy-awakening yoga	08:00
Breakfast on the terrace	09:30
Free time: relax or explore - yogi's choice • optional ceramics workshop 11am-1pm	11:00
Light lunch plate	13:00
Evening restorative / yin yoga	17:00
Shared evening meal under the Sabina sky	19:00

Daily Schedule

(Subject to change)

TUESDAY 20th

Morning energy-awakening yoga **08:00**

Breakfast on the terrace **09:30**

Free time: relax or explore - yogi's choice **11:00**

- optional cookery lesson time TBC

Light lunch plate **13:00**

Evening restorative / yin yoga **17:00**

Shared evening meal under the Sabina sky **19:00**



WEDNESDAY 21st

Morning energy-awakening yoga **08:00**

Breakfast on the terrace **09:30**

Free time: relax or explore - yogi's choice **11:00**

- optional half day guided Fartha River hike

Light lunch plate (or packed lunch if on hike) **13:00**

Evening restorative / yin yoga **17:00**

Shared evening meal under the Sabina sky **19:00**

Daily Schedule

(Subject to change)

THURSDAY 22nd

Morning energy-awakening yoga **08:00**

Breakfast on the terrace **09:30**

Free time: relax or explore - yogi's choice **11:00**

Light lunch plate **13:00**

Evening restorative / yin yoga **17:00**

Shared evening meal under the Sabina sky **19:00**

FRIDAY 23rd

Morning energy-awakening yoga **08:00**

Breakfast on the terrace **09:30**

Free time: relax or explore - yogi's choice **11:00**

Light lunch plate **13:00**

Evening restorative / yin yoga **17:00**

Eve Option 1: Vineyard tour / tasting / evening meal **19:30**

Eve Option 2: Walk to local village (40mins) pizza in traditional restaurant, return via taxi
Times TBC

SATURDAY 24th day of departure

Breakfast on the terrace **08:30**

Checkout time for Olea **10:00**

Group departure to the airport - TBC once flight details are released. Time given here is an approximation. **11:00**



Suggested flights

There are EasyJet and Jet2 flights regularly running to Rome FCO from Manchester.

As of the time of releasing this brochure (July 2026) we are a touch early in terms of seeing the exact flight paths and options available to us.

Please make the assumption of an early morning flight on Saturday 18th July 2027, and in the coming weeks when flights are released I'll update this brochure with the specifics and options available to you.

There is of course the option for you to head to Rome early and meet the group for the shared transfer on Saturday 18th July.

"This slide will be updated and re-published once the flight info is released"

Packing List

- Comfy clothes to lounge around and do yoga in
- A water bottle
- Sun hat, sunglasses, mosquito repellent and sun cream
- Swimwear
- Sleep essentials: eye mask, ear plugs, etc
- Currency card and/or cash
- European plug adaptor
- A secure bag/backpack to carry your essentials in
- Comfy shoes to walk around in
- Water shoes if you're joining in with the half day hike
- A good book and a journal for documenting your travels

****Yoga mats, straps blocks, bolsters are provided at the venue****

**** Towels are provided for the pool ****

TRAVEL INSURANCE: Please make sure you have adequate travel insurance. It's a very good idea to get it to start from your point of booking the holiday, rather than the day of departure.



How to book on...



There are 21 places available on this yoga holiday. To book on, please contact me directly at adele@adeleyoga.com

I will send the booking form out to you, which must be completed and sent back with the deposit to secure your place.

Thank you!

If you've got a question you'd like to talk through feel free to call me on
t: 07794866160

Terms & Conditions

No booking will exist until a completed booking form & deposit has been received. Each person attending must fill out their own form. A confirmation email will then be issued.

The deposit of £450 is NON-REFUNDABLE in ANY instance.

A second payment of 40% of the remaining balance is due 16 weeks before the holiday start date. If this payment is not received by the due date, your booking may be cancelled and your deposit retained. The balance of the money is due 8 weeks BEFORE the weekend.

Please make sure you have entered your correct email address on your booking form as an email reminder is sent out 10 weeks before the week starts with all the details on that you will need. If the balance payment is not received by the due date Adele at Adeles Yoga reserves the right to cancel your reservation, retain your deposit and offer your space to someone on the waiting list.

Should you have to cancel due illness and have paid your balance NO REFUNDS will be given - you will need to claim from your travel insurance company. Please refer to the cancellation policy.

Within the booking form there is a section named 'Etiquette Policy' - upon reading and signing the etiquette policy you are therefore agreeing to adhere to the terms and conditions within it.

Adeles Yoga reserves the right to alter these conditions where necessary.



Cancellation Poilcy

If unfortunately you need to cancel the following charges will apply;

- * 8 weeks notice or more: 50% of the balance payment refunded minus the deposit
- * Less than 8 weeks notice: NO REFUNDS WILL BE GIVEN. The full amount is payable
- * It is STRONGLY recommended that you purchase travel insurance which provides cancellation cover.