



Glamping Sant'Antioco

Vacanza Yoga – Yoga retreat

YOGA HOLIDAY in Sant'Antioco (Sardinia)

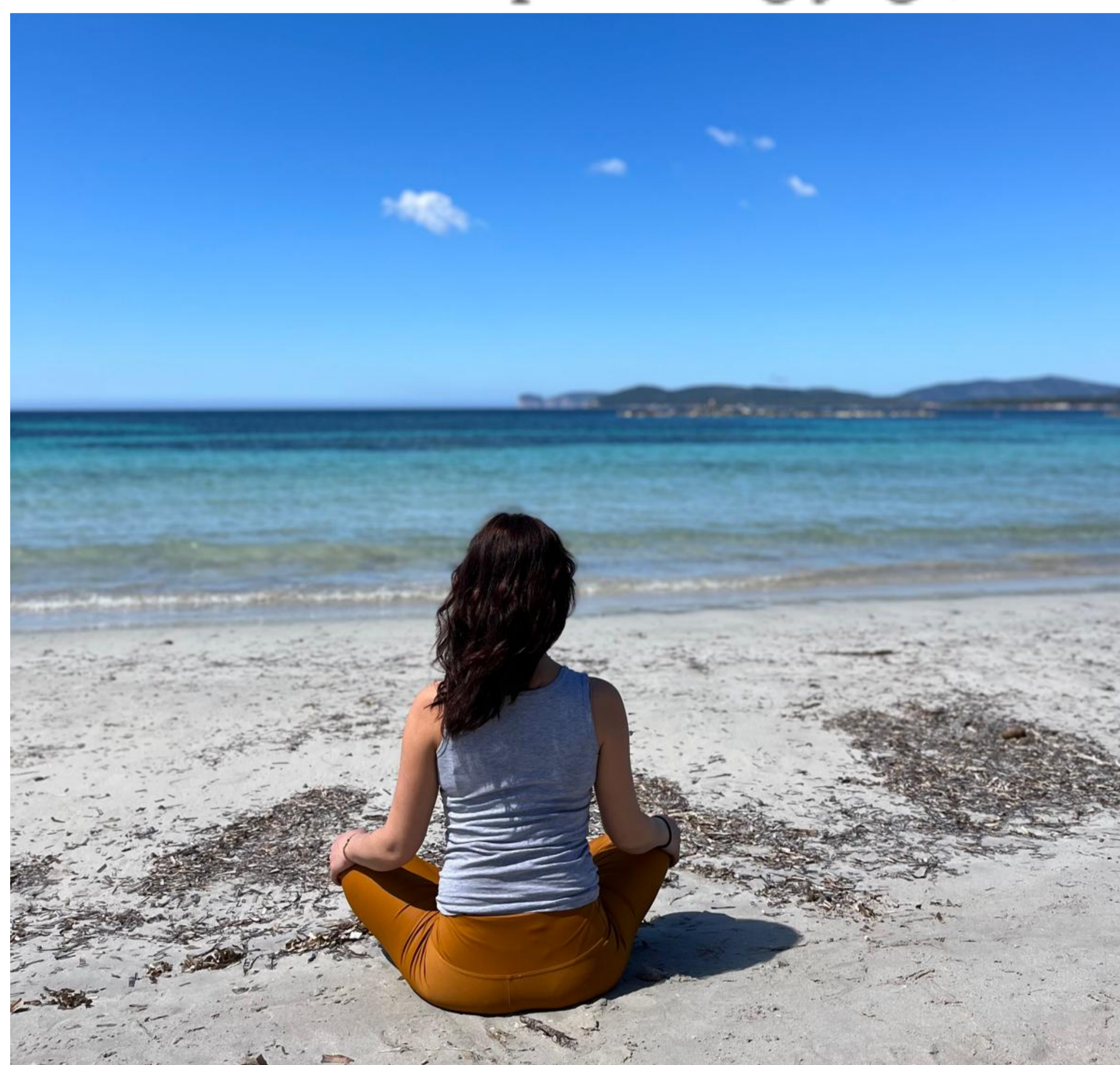
Where? On the beautiful island of Sant'Antioco, in southwest Sardinia. Easy to reach from Cagliari airport. You'll be staying at **Erbe Matte glamping**, with an amazing sea view (and a sky full of stars at night!).

When? Throughout May and until June 2nd – all-inclusive yoga weeks.

Who can join? Everyone! Whether you're new to yoga or already experienced, solo or with a partner.

Accommodation: Choose between traditional rooms or a glamping experience in geodesic domes or safari lodges – all with private bathrooms.

Prices: From €590 per person for a week (in a double or triple room). If you're just accompanying someone but not practicing yoga, the cost is €350.



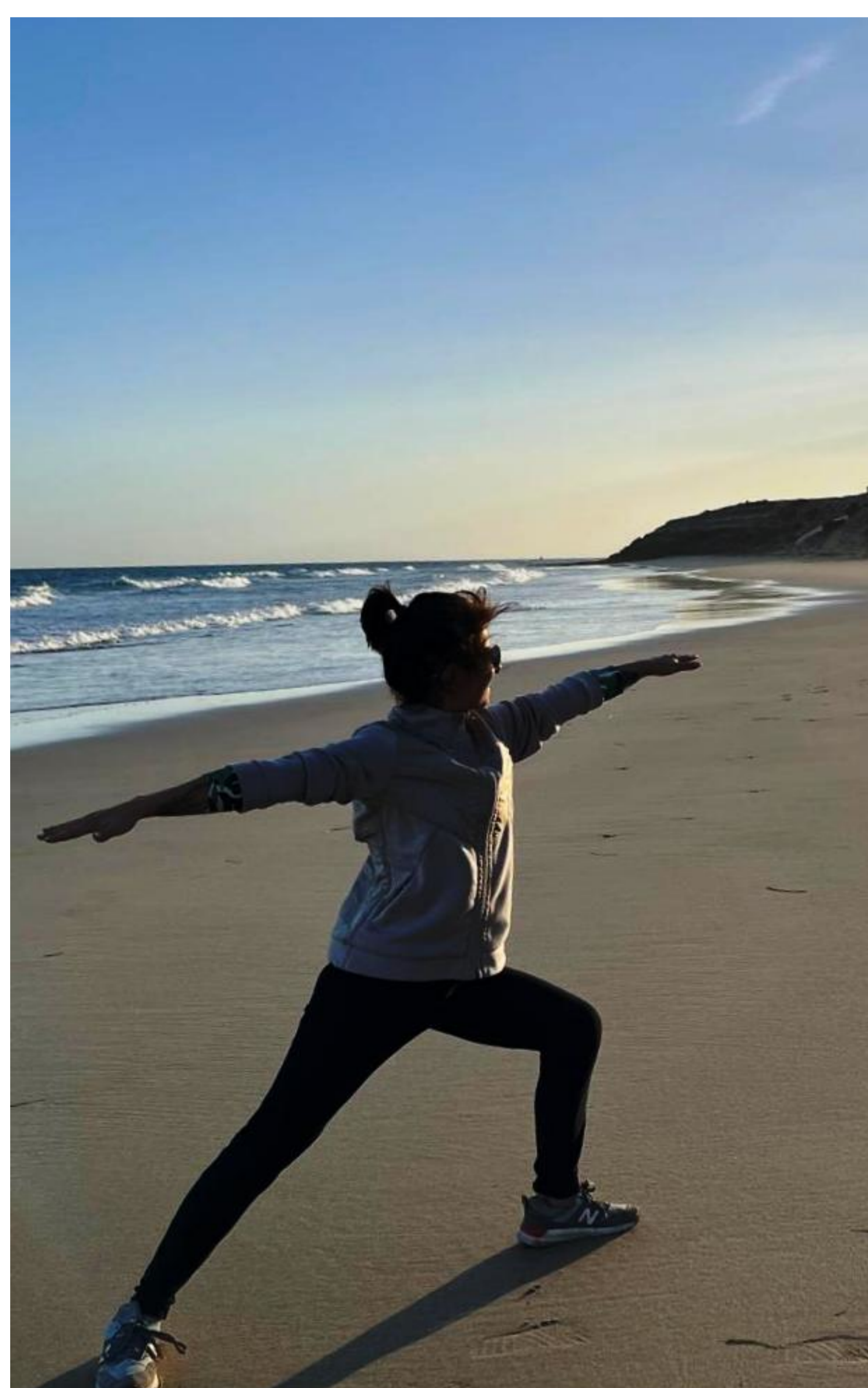
✔ What's included in the price?

- ✔ Accommodation as mentioned (single option available for an extra fee).
- ✔ Daily breakfast/brunch for everyone, including vegan/vegetarian options and fresh, local food. Let us know in advance about any allergies.
- ✔ A welcome dinner to connect and make new friends (also for non-yoga guests).
- ✔ A guided excursion to a magical Nuragic site to explore ancient water rituals – a moment to listen to history whispering to your heart.
- ✔ A guided walk to discover and harvest wild medicinal herbs, learning how to use them with a naturopath (essential oils, hydrolats, balms...).
- ✔ Bed & bath linen for everyone, plus mats, cushions, and blankets for yoga practice.
- ✔ Parking, Wi-Fi, access to shared spaces (including kitchens).
- ✔ Initial & final cleaning/sanitization of rooms/domes/tents.

🧘 Yoga & wellness activities included:

- ✨ **6 group Vinyasa yoga classes** – a dynamic, creative flow that synchronizes breath and movement. Depending on the time of day, it can be energizing, calming, or help with focus.
- ✨ **1 Power Yoga class** – for those who want a more intense workout, combining movement, meditation, breathwork, and mind-body awareness. A great way to release stress and feel stronger.
- ✨ **1 group mindfulness session** – reach a state of well-being through awareness, using creative expression (drawing, writing, sound, movement).
- ✨ **1 Tibetan singing bowls session** – an immersive experience where vibrations and sounds guide you into deep relaxation, balancing body and mind.
- ✨ **1 relaxing massage** – because everyone deserves a little self-care!
- ✨ **Yoga lifestyle routine** – exploring ethical principles, breathwork, and mindful nutrition.

During our yoga vacation, we'll be guided by three teachers, Alice, Silvia, and Valentina, who will take turns leading the classes. Gianna will entertain us with Tibetan singing bowls, and Marcella will take care of our naturopathy sessions and massages. Lucio will oversee our mindfulness session, and Lisa will be our guide for the excursions. Dora takes care of the breakfasts and coordinates the staff.



🧘 Extra yoga practices, or other experiences, for those who wish, for a fee:

- ✨ 12th May – on the night of the full moon, male and female yoga energy for couples
- ✨ individual sessions of yoga, or mindfulness, or sound healing, also for couples
- ✨ workshop about vegetable dyes for the group
- ✨ visits and tastings in the cellar, to try the full-bodied local wines
- ✨ other excursions on foot, by bicycle, horse, quad, off-road vehicle
- ✨ trips by motor boat or sailboat and dinghy
- ✨ practice of sports at sea and in the wind: kayak, sup, windsurf, wingfoil, kitesurf, diving and snorkeling, birdwatching in the lagoon...
- ✨ visit to museums (archaeological, ethnographic, bisso), the tophet, necropolis, hypogeum village, basilica and catacombs, Forte Sabauda...

The trip to Sant'Antioco and the tourist tax, €1 per day per person, are excluded.

- 💡 There are many low cost flights, from all major European cities to Cagliari Elmas. Directly from the airport there is a train (€4.90) that takes you to Carbonia Serbariu: there we will pick you up.
- 💡 You can rent a car on site to move more freely: €30 per day, or €10 per person if you want to use the "car sharing" formula.
- 💡 For those who wish to come by ferry with their own car, we have agreements for discounts from 5 to 15% on Moby, Tirrenia, Grimaldi prices: ask us for the discount code!



Sunbathing and swimming, fresh air, magical sunsets, enchanting dawns, dreamlike landscapes and starry skies free for everyone!

🎆 Events in May:

- ✔ May 3-5: Feast of Sant'Antioco the Marhir, the 666th Festival, the "Festa Manna" with folkloric procession, traccas, knights and amazons, concerts, fireworks in the lagoon – one of the most awaited events on the island.
- ✔ Dates to be confirmed in May: Monumenti Aperti, free visits to all the most important historical sites.
- ✔ May 30th to June 2nd: a big food event, Girotonno, on the nearby island of San Pietro, with international chefs, performances, and concerts.



What to bring:

- ✔ Comfortable clothes for yoga practices
- ✔ Swimsuit, hat, sunglasses, sunscreen
- ✔ Comfortable footwear, one pair closed shoes for excursions, socks, a pair of long pants
- ✔ Backpack and water bottle
- ✔ Light jacket for the evening chill
- ✔ For book lovers: there's a "work-in-progress" library here, and you can contribute by "swapping" the book you're reading for one you find here.
- ✔ Lightness, friendliness, a positive spirit, empathy, a big smile, and a desire to share!



Reservation required, limited spots, 30% deposit upon booking, balance on site (bank transfer, credit card, cash). The tourist tax is only payable in cash. Thank you!

WE ARE WAITING FOR YOU!
Namasté

