



Yoga in Sicily

with Christine & Jenn

May 9-16, 2026



Cost: all prices in CAD

Double occupancy: \$2795.-CAD

Triple occupancy: \$2495.-CAD

We can only guarantee double or triple occupancy if there is a sharable spot.

Space for this retreat is limited, reserve your spot!!

1. A non refundable \$900.-CAD deposit upon booking is required to **reserve your spot.**
2. Remaining balance is due February 9, 2026(non refundable)

Please note: All credit card payments are subject to a surcharge.

All payments are 100% non-refundable, non-transferrable, and future travel credits will not be provided. As a courtesy, if you need to cancel for any reason, your Retreat Host will try to fill your spot. If they are able, a refund of all payments made minus a \$200 administration fee will be issued. If they are not able to fill your spot, there will be no refunds, transfers, or future travel credits.

For bookings please contact:

OWN YOUR DAY TRAVEL / (226) 298-0788 / office@ownyourdaytravel.com

INCLUDED

- Accommodations
- Airport transfer*
- Daily yoga
- 3 meals unless on excursion
- 2 excursions
- Pizza night

**specific times*

NOT INCLUDED

- Flights
- Travel insurance
- Alcoholic beverages
- Extra excursions
- M a s s a g e s o r treatments

WHAT TO BRING

- Euros
- Yoga mats are **provided** unless you prefer your own
- Shoes for hiking
- Postitive vibes 😊

The Venue: Salinara



Salinara is immersed in nature along with the blue Mediterranean sea, surrounded by antique salt pans, vineyards, and olive groves. Full of extraordinary charm and natural beauty, it is a perfect holiday hideaway where both body and soul can regenerate. Enjoying amazing sea sunset views from your terrace or windows while you unwind and rejuvenate. The sea is within walking distance. All the rooms exude a Mediterranean atmosphere, most have a private garden, terrace or balcony and all have natural lime-washed walls, hand-made tiles on the floors, kitchen or kitchenette and a private entrance. There is a large communal indoor and outdoor space in “EMPORIO DELL’UVA” for leisurely breakfasts and evening meals.

Excursions

Included

Winery visit and Tasting

We will be visiting a nearby winery and vineyard, taste the wine and sample some cheese and local delicacies.



Parco Archeologico di Selinunte

We will spend the day exploring the archeological sites in Selinunte. There is ample time to explore and have lunch* and maybe an aperitivo* in one of the many restaurants or cafes, stroll the beach and go for a dip.

(*not included)



Trapani

No visit to Italy is complete without a visit to a proper Pizzeria.

We will spend the evening strolling through the coastal town of Trapani followed by a pizza dinner.

Buon Gusto!!!



Optional

*extra cost

- Visit and shopping at local Sicilian ceramic artists*
- Ceramic tile workshop*
- Cooking class*
- Walking and visit the surrounding, sea coast with antique salt marshes, windmills and vineyards
- Visit the beautiful seaside city of Marsala, home of the homonymous wine DOC
- Bicycling and enjoy splendid views over vineyards, with the magical colours of the Mediterranean Sea
- Sailing to the unspoiled Egadi Islands, such as Favignana and Levanzo*
- Experience kite surfing and windsurfing with a professional trainer *
- Body treatments and massages*

