

Masseria Il Trappeto



YOGA RETREAT IN PUGLIA, South Italy: SEPTEMBER 26 – OCTOBER 3
(From £595 plus flight)

With Chris James

chris james
yoga
learn practice grow

Il Trappeto is a sensitively restored 17th century olive mill just 1.5km from Ostuni “La Citta Bianca” and set in an ancient olive grove from where they make their own Olive Oil.

We visited Il Trappeto in November 2008 and we were thrilled with the very high standard of accommodation on offer, with its seven bedrooms and five bathrooms. We were also delighted with its position. On the one side the ancient Olive grove is flanked by the medieval centre of Ostuni, which adorns a nearby hill, and on the other side by the view of the Adriatic Sea which is just 5km away with its exquisite beaches.



The garden

In front of the house, there is a walled garden with a heated swimming pool. In the corner of the walled garden is a pergola of 42 sqm which has a proper roof and open fireplace for the winter. Yoga sessions and lectures will take place here.



Inside the house

Il Trappeto is a 300-year old olive mill entirely built in stone where all the local olives would have been taken for conversion to olive oil. It was last used before the war and has recently been painstakingly restored, ensuring that all the original features and arches have been returned to their original condition.



Italy's best kept secret!

Protected by its previous lack of international airports, Puglia remains quintessentially Italian: The food is simple and excellent, the towns and the countryside are dotted with ancient architecture, and the people are most welcoming, sometimes it would seem their attitude to life is a holiday in itself!

Puglia offers the greatest variety of any of the southern regions: from the forests and shining limestone cliffs of the beautiful Gargano peninsula in the north, through the long plain of the Tavoliere to the southernmost tip of Italy's heel. In Puglia, you can see Byzantine art around Taranto, a score or so of Europe's finest Romanesque cathedrals, Santa Claus' tomb, the end of the Appian Way at Brindisi, Lecce - the loveliest Baroque city in the Mediterranean.

Moreover, Puglia is about enjoying yourself: going out to dinner is relatively inexpensive and children are welcome everywhere. There is always something to do!

Ostuni - You can happily spend a relaxed week exploring Ostuni on foot, enjoying its strange mix of architectural styles and sampling the delights of its many cafes, bars and restaurants.

Ceglie Messapica, Carovigno - closer to Ostuni are delightful hill towns with beautiful old buildings in their centres - park in the modern areas and walk to the *centro storico* where the streets are often very narrow and difficult to negotiate with a car.

Zoosafari, in Fasano - If you want the ultimate hands-on safari experience, a visit here is the must-do outing. Remember to bring nuts for the monkey train and breadsticks for the camels and giraffes. This is Italy and the animals are there for feeding!

Alberobello - is famous for its thousands of *trulli* - the world famous circular stone houses with cone-shaped roofs made of dry stones. These fascinating buildings are dotted all over the countryside round Ostuni and look like hobbit houses. There is even a trullo church.

Grotte di Castellana - not far from Alberobello are amazing underground caves and passages full of magical stalagmites and stalagtites - these caves are spectacular and worth a wait!

An hour away:

Lecce - known as the Florence of the South and famous for its baroque architecture and beautiful shops.

Bari - about the same distance by train, has a splendid castle, as well as the beautiful Basilica di San Nicola, where the crypt contains the remains of St Nicholas (Santa Claus), and a fascinating old town area.

Matera - a 2 hour drive from Ostuni was the location for the filming of Mel Gibson's film *The Passion of the Christ*. It is famous for the sassi - cave dwellings including churches built into the solid rock which are now a World Heritage Site - and has recently become a very smart place to live, popular with Italian film people.

Metaponto and Policoro - if you are driving and are interested in archaeology it's worth visiting the Greco-Roman sites on the coast south of Matera. In both there are wonderful museums containing well-preserved relics. You will also find some good seafood restaurants and interesting little streets in the old town areas. **Trani** is a lovely seaside town with a magnificent cathedral on the sea and has a lovely port with bars and restaurants, and the fascinating medieval streets of the old town. You might want to drive inland to visit the magnificent Norman fortress of **Castel del Monte**.

Salentine Coast - is very beautiful. You can visit the pretty town of **Otranto**, then drive on to **Santa Maria di Leuca**, the 'land's end' of this part of Italy where two seas (the Adriatic and the Ionian) meet. It's also worth driving northwards up the Western coast to see **Gallipoli** where you pass over a causeway into the lovely old town, a maze of whitewashed small streets by the sea.

Getting about

Il Trappeto is only a five-minute walk to Ostuni's train station which is on the main line from Bari to Lecce. Ideal for visiting towns and indulging in a long lunch. Otherwise, we are only five minutes from the main coastal highway.

Getting to the Villa

There are direct flights to both Bari and Brindisi from London Gatwick and London Stansted. Alternatively you can fly to Rome, Milan, Naples or Pescara where you can take an internal flight or train to Brindisi or Bari. Please visit www.ba.com Or www.ryanair.com for more detailed schedules and prices.

Transfers and Car Rental

There are plenty of taxis at both Bari and Brindisi airports. We can match people up to share taxis.

for 1 car up to 4 passengers from Bari airport € 85 - 100€

for 1 car up to 4 passengers from Brindisi € 45 - 60€

There are also plenty of Car Rental options in the main building of Bari airport and at Brindisi.

Accommodation

All the facilities at Ill Trappetto are of an exceptionally high standard. There are Three Double rooms with en suite bathrooms, One double, and Two Twin singles.

MASTER DOUBLE BEDROOM I, with balcony & private ensuite bathroom £895.00

MASTER DOUBLE BEDROOM II, with balcony & private ensuite bathroom £895.00

DOUBLE BEDROOM III, with private ensuite bathroom £895.00

DOUBLE BEDROOM IV, £795.00

TWIN BEDROOM I, £695.00 each

TWIN BEDROOM II, £695 and £595.00

All prices are quoted individually, and Doubles are subject to a £200 supplement for Single Occupancy.

The above price includes vegetarian, and non-vegetarian food. One night will be dedicated to a trip to a local restaurant.

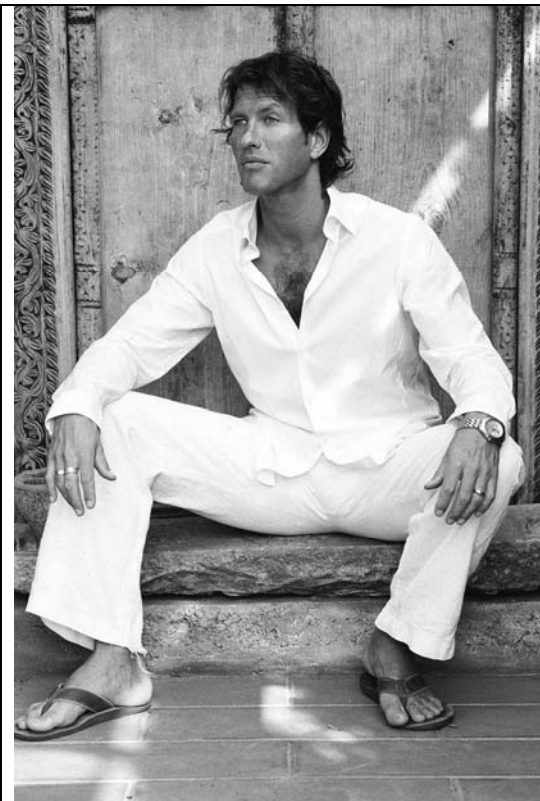
A large breakfast / brunch will be served after the morning Yoga class and dinner after the evening Yoga class.

Not included:

Flights to Italy, Transfers, Travel Insurance.

There will be one day without yoga and dinner.

There will also be optional excursions during the week.



Yoga Teacher Chris James is a sought after name on the international yoga circuit and regularly contributes to a variety of Health and fitness pages in national newspapers and magazines. Chris leads Masterclasses and Workshops, as well as providing bespoke One-on-One private tuition. Chris specializes in teaching professionals Yoga and combating stress in the workplace. He also provides home visits in the London area, One-to-One private tuition, and personal sessions with busy business professionals in their offices, hotels and workplaces. Chris has had some fantastic results including seeing many people's lives transform for the better.

Chris has been practicing for 13 years and is a Certified British Wheel of Yoga teacher. Chris studied in Rishikesh, and at the Krishnamacharya Yoga Mandiram in Chennai, India. Chris also leads retreats and specializes in providing tailor made nutrition and Detox programs and Yoga therapy to a variety of clients across the world.

Chris puts his sensitivity as a teacher down to a 'strong One-on-One approach'.

"I am able to adapt Yoga to the individual rather than the individual to the Yoga. This enables you to explore postures in greater depth. It also allows you to work on individual areas of resistance, alignment, and practice. I focus on building core strength and postural integrity, co-ordinated breath and movement and relaxation techniques that can be employed in day-to-day life"

To reserve your place, or for more information, please contact Chris James Retreats

0871 223 0507 email:chrisjames@chrisjamesyoga.com www.chrisjamesyoga.com