SARDINIA Retreat
with Tashi Dawa

Nestled in the stunning Costa Smeralda region, our charming yoga villa enjoys a prime location just 300 metres from the beach and offers breathtaking views of the Maddalena archipelago. Along the pristine coastline of northern Sardinia, Porto Rafael boasts some of the most beautiful beaches in the Mediterranean.

[MORE ABOUT THE LOCATION](#)

You will be looked after in every way while you visit this bucket list location...

There are two morning yoga classes to choose from and an evening practice to enjoy the close of each day. All meals are vegetarian in a buffet style prepared by our retreat chef Simona, we have an in-house expert body worker [Caroline](#) who is available by appointment and retreat support is provided by our co-host Emily.

Retreat details

Included
- Accommodation of your choosing
- All meals
- All teaching sessions, hosting and support
- All yoga props

Not Included
- Travel insurance which is recommended
- Airport or City transfers to and from the retreat
- The optional night out to eat in a local restaurant
- Any tours you want to do
- Any Massage or bodywork sessions with Caroline or private sessions with Tashi
- Toiletries

Options to consider
- Stay an extra night in Olbia or any of the gorgeous nearby villages
- Hire a car for the week to be free to explore the coast
- In case you opt for extra nights in Sardinia I can connect you with others so you can meet for a meal
- If you opt for car hire and want to share driving or hire costs I can connect you with others

What to Bring
- Bring a yoga mat if you prefer to use your own
- Comfortable clothing, yoga attire, warm layers, walking shoes, all toiletries, swimwear, sun protection, notebook
- Headphones if you need to take calls
- Recently I have noticed people like to bring protein powder and digestive enzymes to support the vegetarian catering in case they are not accustomed to vegetarian food.

If you need to cancel please refer to the retreat T&C's which were agreed at booking.

Travel

Group Transfers
We have a private driver Marco who manages the transfers to and from Olbia airport / Olbia City (€130) and Alghero airport (€250).

Let me know on the TRAVEL FORM if you need a transfer. I will create transfer groups with people arriving around the same time and put you in touch with Marco the driver via WhatsApp. The price of the transfer is shared between the passengers. You pay him directly so it's easier if you have €EURO cash.

Driving
Car hire is a great option to be able to explore the area. We book ours through Booking.com for the best prices, we prefer the comprehensive insurance directly through the car company upon pickup instead of the insurance offered by Booking.com. We recommend a smaller car, Italian roads can be narrow and winding. Other options are e-bikes and scooters which can be rented from Palau and delivered to the retreat.

There are a couple of parking spots at the retreat and others a very short distance away.

Retreat Location - on the map
Our villa is a short walk from a secluded beach and a 10 minute walk from the famous Piazzetta di Porto Rafael, where you will find small boutiques, cosy restaurants and cafés.

The marina and a small grocery store are a few minutes away by car.

Schedule

Check in is from 4pm on Sunday

Check out is before 10.30am on Saturday

Daily Schedule:

snacks, fruit, coffee, tea and drinking water is available all day

7.00 light breakfast is available

8.00 Morning Yoga Level 2
9.30 Morning Yoga Level 1

11.00 Buffet brunch including sweet and savoury selections

Free time, massages, beach, pool, walks, tours

17.30 Afternoon Practice (breath work, restorative, yoga nidra)

19.00 Buffet dinner (dessert is served a couple of times in the week)

20.30 Evening meditation/chanting is an option if we choose it

Recommendations in Olbia for those staying an extra day

- Sa Pintadera

- Hotel for You

- CasAunoE Boutique Hotel

- Anticas Bistro

- The Old Street