



Laruga Glaser & David Fredrickson

Ashtanga Yoga Retreat
Sardinia 2025

Make time for what you love! Join us at a two week retreat in beautiful Baia de Bahas - a tranquil town on the coast of North-East Sardinia. Morning Ashtanga classes, afternoon workshops & plenty of leisure time to soak in the many healing aspects of the island.

RETREAT DETAILS

START DATE: Saturday 5th July 2025

Check in: from 17:00

END DATE: Saturday 19th July 2025

Check out: by 10:00

One or Two week options available

LOCATION

Villa Antonina

Baia de Bahas, Sardinia, Italy

Closest airport: Olbia Costa Smeralda

ACCOMMODATION OPTIONS

1. Studio apartment (exclusive)
2. One bedroom apartment (exclusive)
3. Two bedroom apartment:
 - Private bedroom & bathroom
 - Private bedroom, shared bathroom

WHAT'S INCLUDED

Meals: Brunch & Dinner

Vegan & Vegetarian options available

Yoga Equipment

EMAIL: info@villantonina.it

WEBSITE: www.villantonina.it



Laruga Glaser & David Fredrickson

Laruga & David are devoted Ashtanga Yoga teachers & practitioners, and very dear friends of Villa Antonina.

With over 30 years of experience between them, Laruga & David share a passion for teaching the traditional Ashtanga Yoga method, giving high regard to the lineage of this transformative method.

Through their attentive guidance and support, Laruga & David welcome students of all backgrounds and levels of experience. They extend their invitation to you, offering an inclusive space for anyone interested in joining.

This will be their 4th year returning to Villa Antonina, and we are thrilled to host a retreat that has now become a yearly tradition amongst a loving community!

LARUGA GLASER & DAVID FREDRICKSON

ASHTANGA YOGA RETREAT | JULY 5TH TO 19TH 2025

VILLA ANTONINA, SARDINIA,

VILLA ANTONINA

Nestled in a serene oasis, Villa Antonina invites you to experience timeless elegance and comfort. This exquisite complex of nine spacious apartments has been thoughtfully designed to ensure your stay is as private as it is indulgent. Each apartment features a kitchen, a bathroom with a shower or bathtub, and a private patio or furnished balcony, where you can unwind while gazing out over our vibrant, green gardens. With its rich history and refined charm, Villa Antonina offers a sanctuary where tradition meets luxury, promising an unforgettable retreat for all our guests.

SARDINIA

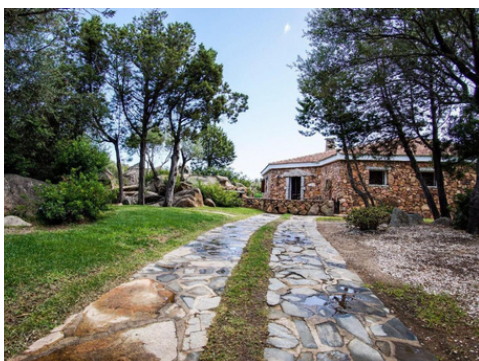
Set in Baia de Bahas, Villa Antonina enjoys a privileged location in the heart of the Gulf of Marinella, surrounded by the natural beauty of Sardinia's coastline. Just 350 meters from the residence, you'll discover secluded sandy beaches framed by striking granite rocks, a hallmark of this part of Sardinia. The villa is situated just 5km from the prestigious town of Porto Rotondo, and 7km from the charming harbor of Golfo Aranci.

INCLUDED AMENITIES

Kitchenette, WiFi, air-conditioning,
hair dryer, communal washing
machine, parking

OPTIONAL EXTRAS

Airport pick up / drop off
Massage treatments
Activities: hiking, cycling, boat
excursions



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Ashtanga Yoga Retreat | July 5th to 19th 2025 | Sardinia

PRICES

ONE WEEK OPTION

1. Studio apartment (exclusive)	3,000.00€
2. One bedroom apartment (exclusive)	3,200.00€
3. Private bedroom & bathroom	2,800.00€
4. Private bedroom, shared bathroom:	2,500.00€

TWO WEEK OPTION

1. Studio apartment (exclusive)	5,300.00€
2. One bedroom apartment (exclusive)	5,700.00€
3. Private bedroom & bathroom	4,800.00€
4. Private bedroom, shared bathroom:	4,200.00€

*Beginners are strongly encouraged to attend the first week.

*The listed prices are per person; contact us for sharing alternatives.

*Tourist taxes are not included in the price.

PAYMENT & CANCELLATION POLICY

1. 30% downpayment to confirm and reserve your place.
2. The remaining balance is to be paid before June 1st 2025.
3. Cancellations before June 1st 2025 will receive a 50% refund of the downpayment. Cancellations on June 1st 2025 or later will receive no refunds.

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