

Sky & Stone

Small-Group Yoga Retreat
Sept 14–20, 2026



TRAVEL: SEPTEMBER 14th (you leave the 13th & arrive early morning on the 14th)

DAY#1 Monday

Morning Arrival Rome Fiumicino Airport

Pick up with two sedans at arrivals (Small luggage only)

Stop at Bar/Cafe in Orte on the way for snacks and coffee.

MIDDAY

Arrival in Vallo Di Nera (2 hours from Fiumicino)

Unpack, freshen up.

Snacks and drinks available at house

5:00pm - 7:00pm

Welcome party at Bordone Buffet Style - Vallo

Taglieri, bruschetta, pinsa, wine, aperol spritz

Snacks and drinks available in the house all day/evening

Running tab for retreaters at Bordone/Cacio Re for Coffee/pastries



DAY#2: SEPTEMBER 15TH

Tuesday

Breakfast items available in the house

Coffee Available at Bordone/Cacio Re - Vallo

9:30 yoga in the upper Piazza

11:00am

Tour of Vallo including:

Walled town.

Franca (a villager and coffee on her terrace)



Church of Santa Maria with 14th century frescos

"Fontana" where people (including me) used to wash clothing.



Cemetery



1:30pm - 3:00pm

Oven lit in the garden antique oven by Giacomo and Anastasia, Vallo natives, light the garden oven to cook Pizzas for lunch.



5:00pm - 8:00pm

Visit Spoleto: 15 minutes from Vallo and located at the head of a large, broad valley, surrounded by mountains, Spoleto has long occupied a strategic geographical position. It appears to have been an important town to the original Umbria tribes, who built walls around their settlement in the 5th century BC, some of which are visible today.

Visit Spoleto:

- Cathedral/Piazza del Duomo
- Casa Romana di Vespaia Polla
- Piazzas
- Gelato
- Shops



8:30pm - Return to Vallo

Re-heat lunch leftovers - light dinner at home

Snacks and drinks available in the house all day/evening

Running tab for retreaters at Bordone/Cacio Re for Coffee/pastries



DAY #3 SEPTEMBER 16TH-LA LECCETTA

Wednesday

Breakfast items available in the house

Yoga will be conducted at La Lecceta, the Horse Farm

Leave for La Lecceta 10:00am



Arrive La Lecceta Approx 11:15am

Yoga outdoors

Aperitivo 1pm

Followed by lunch



On the way home - Visit - Ponte Fonnaio - Roman Bridge (5 kilometers from La Lecceta)



Return to Vallo before 5pm

Snacks and drinks available in the house all day/evening

Running tab for retreaters at Bordone/Cacio Re for Coffee/pastries

DAY #4: SEPTEMBER 17TH

Thursday

Breakfast items available in the house

Fresh coffee

Coffee Available at Bordone/Cacio Re - Vallo

Early Morning Yoga in the Square

11:30am- Trip to Norcia 33k – 35 min:

Norcia, settled since the Neolithic Age, became the Roman ally **Nursia** after the 3rd-century BC conquest. Birthplace of St. Benedict and St. Scholastica, it has welcomed pilgrims for centuries. It's also the birthplace of Italy's famous charcuterie tradition, and today dozens of lovely shops line its streets. The beautiful main square is perfect for strolling and sampling local delicacies. Nearly destroyed by a 2016 earthquake, Norcia has been thoughtfully and beautifully rebuilt.

Visit Norcia:

- San Benedetto Santo Statue in the Piazza
- Piazza di San Giovanni
- Great shops with dried meats as a specialty

Lunch at Ristorante del Teatro dell'Opera



Return to Vallo 6:00pm

Light dinner Bordone



Snacks and drinks available in the house all day/evening

Running tab for retreaters at Bordone/Cacio Re for Coffee/pastries

DAY #5 - SEPTEMBER 18TH

Friday

Breakfast items available in the house

Fresh coffee

Coffee Available at Bordone/Cacio Re - Vallo

Early morning Yoga



Hikes in Vallo beginning after Yoga:

- Walk to the Vallo Cemetery (about 2k flat)
- Walk to next town – Castel San Felice (about 4k round trip – incline/declines going, flat returning with car service from the bottom of valley up to Vallo at the end of the trip)





1 pm- Lunch Cacio Re, Vallo di Nera



Evening Visit Scheggino



Dinner Locanda Valcasano

Snacks and drinks available in the house all day/evening
Running tab for retreaters at Bordone/Cacio Re for Coffee/pastries

DAY #6: October 19th - Assisi

Saturday

Breakfast items available in the house
Fresh coffee
Coffee Available at Bordone/Cacio Re - Vallo

Early morning Yoga

Lite lunch at home in the Garden



Leave for Assisi: 4pm

- Rocca Maggiore
- Basilica of St. Francis
- Duomo di San Rufino
- Santa Maria Sopra Minerva
- Tour guide, Maura



Dinner in Assisi (Retreaters on their own for dinner)

Snacks and drinks available in the house all day/evening
Running tab for retreaters at Bordone/Cacio Re for Coffee/pastries

- Basilica of St. Francis
- Duomo di San Rufino
- Santa Maria Sopra Minerva
- Santa Maria degli Angeli

Snacks and drinks available in the house all day/evening
Running tab for retreaters at Bordone/Cacio Re for Coffee/pastries

DAY #7-TRAVEL DAY: September 20th

Breakfast items available in the house
Fresh coffee
Coffee Available at Bordone/Cacio Re - Vallo

Departure from Rome Fiumicino.

Early arrival at Fiumicino

Running tab for retreaters at Bordone/Cacio Re for Coffee/pastries

Food/Drink in the house:

- Mineral water
- Gassed water
- Red/white/frizzante wine
- Bruschetta breads/spreads
- Yogurt
- Breakfast pastries
- Ricotta
- Cheeses
- Cured Meats
- Olives
- Fruits
- Chocolates

Meals will be traditional Umbrian cuisine using area specialties like truffles, trout, cinghiale (wild boar), strangozzi. Red/white wines, waters and locally made liquori

Fireplaces/central heat in the house will be used if necessary

2 full baths with bidet: Stand up shower downstairs, bathtub upstairs with stand up shower

Sleeping (Casa della Zia):

- Downstairs off kitchen twin beds (2)
- Living room pull out twin bed (1)
- Upstairs small bedroom double bed (2)
- Upstairs large bedroom double bed (2) & two twin beds (2)

Available to Retreaters:

- 12 yoga mats
- 6 pairs of walking sticks for hiking

- 8 Painting easels

PRICING:

\$3,000 per person (based on multiple room occupancy in the Main House)

Single occupancy, Hotel Cacio Re add \$550

Double occupancy, Hotel Cacio Re add \$650

All guests enjoy full access to the main house and all its amenities.

Price includes transportation and all meals, except the last dinner in Assisi.

All other fees included i.e., tour guide Assisi

Yoga Workshop Fee:

- \$250

Because of space limitations in the vehicles, carry-on only (see your airline for dimensions) and a personal bag. **If you bring a larger bag, you may have to take a train to the Spoleto station** as there will only be enough room for carry-on luggage and a personal bag.

We require a Travel Policy for the 8 day trip and we recommend this site for quotes (usually under \$50):

<https://vti.travel/get-a-quote/?aff=afns39w2wh>

You will be required to sign a Travel and Trip Risk Acknowledgment/Liability Waiver Form.

Casa Della Zia is located at the end of a lane which is approximately 60ft. that is on a 10 - 15% uphill grade and some locations we are visiting can be more than that. You **MUST** be in good enough shape to hike **medium difficulty** trails, as the grades are steep and the cobblestones can cause instability while walking.

If you cannot do this kind of walking you will not be able to walk in most of these medieval towns which are built on the sides of mountains.

Here's what the grade looks like going up to Casa Della Zia:



A video shot while walking up to the house:

<https://vimeo.com/957100231/fb61dfd660>

Selected photos from 2024-25 trips:

<https://photos.app.goo.gl/M4QoFrUeRjkiFPx8>

Casa Della Zia Accommodations:

<https://photos.app.goo.gl/c47EKCBqh7zSdJSx7>

Cacio Re Hotel Accommodations:

<https://photos.app.goo.gl/4hQuPbfmfEPbaiT58>

Hotel accommodations (6 nights) including breakfast (coffee and pastry)

8 Units available



PAYMENT

Deposit: A deposit of \$800.00 is required to secure a reservation. This deposit is composed of a non-refundable fee of \$500.00, with the remainder of the deposit refundable in accordance with the cancellation policy.

Payments:

March 15th: \$800.00

June 30th: \$800.00

September 1st: 850.00 + any hotel fees

Cancellation Policy: Cancellations made more than 14 days prior to the trip will result in a full refund of the trip price, less the non-refundable portion of the deposit (\$500). Cancellations made within 14 days of the trip will result in forfeiture of the full deposit.

No Refunds for Missed Excursions or Events: No refunds will be provided for missed excursion events or activities. However, the host will make reasonable efforts to accommodate missed meals on-site.