



Join us on this truly unique and glorious adventure.

Make new friends, explore old-world charms, create memories, enjoy glorious food, and wonderful wine, but most of all enjoy the adventure!

High above the earth, the hawk soars in circles beckoning you to circle over your own life and see it from a new perspective.

Let's soar together!



About Choose Happiness Adventures



Your host Arlena trained at the International Sivananda Yoga Vedanta Centre at Nassau in the Bahamas. She is a certified Yoga Alliance

Yoga Instructor bringing Hatha Yoga, Pranayama, and Meditation classes to each of her tours. Arlena is the proprietor of Choose Happiness Adventures.



Diana was born and raised at the Jersey shore. She is a certified Yoga Alliance RYT200 Yoga Instructor. She is currently teaching Yoga in New Jersey and specializes in beginners

Yoga but also teaches intermediate and advanced classes.



Elio lives in Sicily and is our tour guide on all our retreats. He schedules our excursions and arranges for all our local

services. When he is not working with Choose Happiness Adventures, he runs wonderful tours to the historic sites in Sicily.



Choose Happiness Adventures

Sicilian

Vacation/Yoga Retreat

September 12 - 18, 2021

Our vacation/retreat blends good health with good living! Stay in a stunning villa on the slopes of Sicily's famous Mount Etna.

Immerse yourself in an appreciation of Sicilian culture, wine, nature and yoga - all wrapped in classic luxury!

This stunning villa on the island of Sicily enables you to unwind and appreciate the silence of the natural surroundings from the comfort of luxurious accommodations.

Flow of the Day

MORNINGS. Breathe in pure peace during an optional morning meditation class led by your instructor followed by yoga instruction under the brilliant Sicilian Sun.

AFTERNOONS begin with a light lunch in one of the nearby restaurants followed by free time to lounge by the pool, relax with a walk through the gardens, play billiards or table tennis, read, siesta or explore one of the nearby villages.

We will visit the fabulous city of Taormina & Mount Etna as well in the ancient city of Syracuse and Noto.

EVENINGS are pure magic, as we have a sunset Aperitivo and elegant Sicilian dinner in one of the nearby restaurants —appreciating the good life or as the Italians say, 'la dolce vita'!

Included Excursions

Taormina & Savoca: Taormina is Sicily's legendary resort town. Twisting medieval streets and a second-century Greek theater add to its romantic air. Savoca is the village used by Francis Ford Coppola as a stand-in for Corleone in the film "The Godfather".

Mt. Etna: Mount Etna is the highest volcano in Europe, and one of the most active in the world.

Syracuse: As one of the oldest cities in the Mediterranean, Syracuse has a wonderful collection of historical sites from both the ancient Greek and Roman periods.



Contact Us:

choosehappinessadventures.com

chadventures@outlook.com

Phone: +1 201 805 5570

Retreat Main Facts:

- 2 meals per day - included breakfast and dinner
- Wine included
- 3 included excursions
- Morning Meditation and Yoga class
- Private Yoga classes upon request
- Outdoor saltwater swimming pool, sauna, jacuzzi and exercise room
- WiFi available in Villa

Pricing

Airfare is not included:

USD from \$3,097 to \$3,997 per person depending on the choice of room and occupancy**

\$500 deposit required upon reservation

Payment in full due June 30, 2021

Personal travel insurance must be carried by each participant

Maximum group size: 16 persons
Minimum tour size: 8 persons