



Event	Dates
4-day Active Weekend Escape	June 13-16
7-day Active Retreat Immersion	July 7-13

Are you ready to immerse yourself in a yoga and adventure retreat in a unique location in Italy?



Dates:

-June 13-16 / -July 7-13

Location: Monte Argentario (<https://maps.app.goo.gl/xFokxucXF1qDqQcL9>), in a traditional "agriturismo" surrounded by olive trees, vineyards and the sea

Yoga offered every morning in the garden

Excursions, hiking, biking, kayaking, swimming in the Tyrrhenian sea and much more

Visit charming Tuscan towns

Relax at natural hot springs

Enjoy delicious local food

Meet new people and make new friends
Feel regenerated in body and mind

For more details and bookings: www.active-retreat.me/

Use this code at the checkout to get a **20 euro** discount: **HAPPY202024**

Instagram: <https://www.instagram.com/active.retreat.me/>

Please do not hesitate to contact us at fao-staff-coop@fao.org for any further information.

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