



A SEA OF NATURE AND YOGA

A special weekend to contemplate the beauties of the Grado Lagoon and enhance the beneficial effects of the healthful climate through the practice of yoga and listening to oneself.

SATURDAY

Visit of the natural reserve of VAL CAVANATA, where a naturalist expert will guide us through an amazing walk to admire the natural wonders of this protected area. The reserve is a birdlife oasis located in the eastern area of the Lagoon whose symbol is the wild goose. Declared a wetland of international value for the over 260 species of birds that nest there, it is the ideal place for birdwatchers. Lunch at the restaurant / hotel. Free afternoon on the beach and yoga class by the sea before Sunset. Dinner and overnight at the hotel.

SUNDAY

After a pleasant yoga class upon waking up, breakfast at the hotel, then morning dedicated to a relaxing excursion by motorboat to the island of Anfora: we will get the chance to explore the lagoon, the typical huts named 'casoni' and the local fauna. Lunch on site or on board. In the afternoon, free time to enjoy the beach and the sea or to stroll through the charming old town.

All excursions will be carried out in compliance with the current legislation on the prevention of Sars Cov-2 contagion. If Friuli-Venezia Giulia changes color to the orange zone, the excursions will be cancelled. Participants are advised to come with a mask and suitable shoes.