

IN SAURIS, FOR A WEEKEND OF YOGA AND WELLNESS

(Proposals for groups - individuals on request)



SATURDAY

Meeting in the late morning in Sauris, one of the most fascinating villages of Carnia, not only for its landscape, but also for its richness and cultural uniqueness, like the ancient language that is still spoken today: a dialect Medieval High German. The town is also closely linked to ancient traditions and hosts the handicraft weaving workshop where still today we work with the hand loom. Before lunch, visit of the ethnographic museum where all the cultural characteristics of the Sauris / Zahre community (German-speaking Alpine community whose origin dates back to the mid-thirteenth century) are documented, through temporary exhibitions. During lunch it will be possible to taste and learn about the typical local dishes. The afternoon will be dedicated to a walk with a naturalist guide to discover the splendid landscapes of the place and will end with a visit to the Zahre craft brewery which produces a special beer, poor in mineral salts and not subjected to any additional and industrial treatment of correction, maintaining its physico-chemical characteristics unaltered. After dinner, the day will end with a relaxing session of Yoga Nidra, which will allow you to prepare body and soul for the night.

SUNDAY

Sunday will start with a yoga session, to recharge yourself with positive energy to better face the day. After breakfast, it will be organized an activity on site (Sauris zip line, the longer in Europe, or a slow and panoramic walk around the lake or in the mountain, canyoning, hiking or what you prefer!) or, if possible, a visit to the Wolf ham factory, where the famous Sauris smoked ham is produced with a technique handed down from generation to generation. Lunch in a restaurant with tasting of typical dishes, then in the afternoon return to the starting point.

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.

Organizzazione tecnica Atman Viaggi. Licenza Regione Friuli-Venezia-Giulia nr.0499/2008. Polizza responsabilità civile nr. 112367460 Compagnia Allianz Global Assistance - Fondo di garanzia Vacanze Felici nr. iscrizione 2363.

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