



PUGLIA

Itinerary

DAY 01 ARRIVAL DAY BARI & TRANI

Morning:

Arrive at Bari International Airport
Lunch and Exploration Trani

Afternoon:

Check into Villa,
refresh and relax

Evening:

Welcome ceremony, aperitivo

Night:

Private chef dinner in Villa

DAY 02 POLIGNANO A MARE & MONOPOLI

Morning:

Villa Breakfast
Private boat ride through the caves of Polignano a Mare

Afternoon:

Free exploration time and riposa at Villa

Evening:

Gentle yoga, sound bath and Apericena at the secret garden

DAY 03 ALBEROBELLO & LOCOROTONDO

Morning:

Villa breakfast
Barre class
Olive oil tasting experience

Afternoon:

Lunch & exploration Alberobello
Riposa at Villa

Evening:

Locorotondo exploration & dinner





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DAY 04 MATERA DAY TRIP

Morning:

To go breakfast
Ceramic jewelry
experience

Afternoon:

Lunch & exploration

Evening:

Optional hike to
panoramic view point
and natural caves



DAY 05 VILLA DAY

Morning:

Late breakfast in Villa
Cardio barre

Afternoon:

Show cooking and cheese
demonstration lunch
Optional massages
Relax at pool

Evening:

Cisternino free time
and exploration



DAY 06 OSTUNI & COOKING CLASS

Morning:

Breakfast in Villa
Pilates mat class

Afternoon:

Ostuni Lunch &
exploration

Evening:

Local market and
cooking class
experience





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DAY 07 SLOW MORNING & MARTINA FRANCA

Morning:

Yoga flow
Closing women's circle
Time for packing

Afternoon:

Late lunch and
exploration Martina
Franca

Evening:

Wine tasting & dinner
at family run vineyard

DAY 08 DEPARTURE DAY

Morning:

Farewell breakfast
Departure to Bari
Airport



INCLUSIONS

A little Puglia, a little wellness, and plenty of time to savor the day.

- Daily breakfast to start each morning
- Optional daily movement to stretch, flow, or recharge
- One shared group meal each day
- One culturally immersive experience each day
- Transportation throughout Italy once you arrive
- Time to rest, wander, and enjoy at your own pace

The itinerary may shift to suit the group's needs, preferences, and wellness programming.

