

Yoga Holidays near Verona

Contributed by Amrita
Thursday, 26 October 2017
Last Updated Thursday, 26 October 2017

Relaxing Yoga holidays in Villa Tirtha between Verona and the Lake Garda (Northern Italy)

To combine holidays and yoga is definitely one of the most popular new trends. And what can be better than a yoga holiday in one of the most beautiful and romantic regions of Italy? Villa Tirtha is a country house near Verona, the town of Romeo and Juliette, in Northern Italy. The villa is builded using the knowledge of Vastu Shasta, the traditional Indian-Vedic Feng Shui, and it is surrounded by a large and beautiful park.

There are 3 yoga rooms in the house (2 of them can accomodate 12 people, and the largest one can accomodate 40 people). And the accommodation rooms have the standards of a 4 stars hotel! Each of them with private bathroom, heating system, organic materials.

The house offers also organic vegetarian meals made according to the yoga “Sattvik” diet, but without forgetting the pleasures of the traditional italian food :-)

Contact info@yogalifetravels.com if you want to know more about it!

The Lake Garda, 20 minutes by car from Villa Tirtha.

The beautiful park around the house.

The library of the house

The rooms

The yoga rooms

