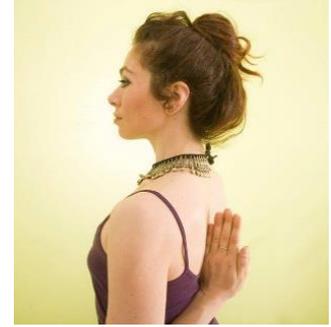
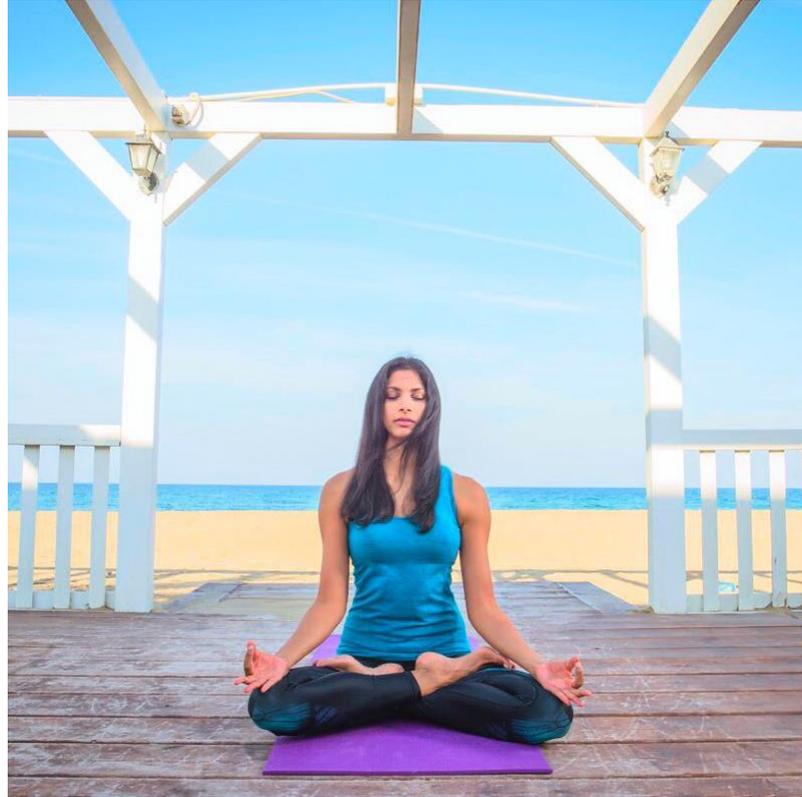


# SPRING AWAKENING YOGA RETREAT

by Julie Chereath Meo & Alessia Avellino



SALENTO, ITALY | 27 APR - 4 MAY 2018

# SPRING AWAKENING YOGA RETREAT

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This yoga retreat includes daily dynamic Jivamukti and restorative Hatha Yoga classes, a special Kundalini session during Full Moon in Scorpio (a powerful night for deep change and renewal) and a mystical Shamanic circle during Beltane (1st May) where the Earth energies are at their strongest and most active. It will be a transformative week at this auspicious time of the year to bring ideas, hopes and dreams into action.



Set in the tranquil Italian countryside of Salento and 5 minutes drive from the beach, this Spring Awakening Retreat will give you the opportunity to take some invaluable time out and focus on a happier, healthier you.

Join your teachers Julie and Alessia and activate your body and mind with an energising Jivamukti yoga classes, enjoy a healthy balanced superfood brunch, spend the rest of your day relaxing by the pool or the beach, treat yourself to massage, explore the baroque city of Lecce and other historical towns in the Salento region. Come home and wind down with a calming evening yoga class, followed by a delicious dinner.



The menu includes seasonal vegetables and fruits, a selection of fresh salads, vegetable dishes, and grains and fresh smoothies. Brunches and dinners will be prepared by local Chefs.

The host, Masseria Coccioli, is a beautifully restored 15th century estate surrounded by ancient olive groves of the Salento countryside. Classes will take place indoors, in the centennial nearby natural preserve, out by the pool or on the beach.

Get in touch now to join this unique journey to recharge, restore, and dive deep.



YOUR RETREAT  
HOSTS

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JULIE CHEREATH MEO

ALESSIA AVELLINO

# JULIE CHEREATH MEO

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Born in Germany and originally from Kerala, India, yoga has always been a part of life for Julie since she was little, becoming a guiding concept of life beyond being solely an exercise form.

Julie trained with a vast variety of teachers in London, LA and in South India where she completed her teacher training.

Following a career at Condé Nast in London where she launched brands such as Vogue, GQ and Glamour worldwide, Julie devoted herself to her passion of a healthy body and mind balance.

Julie's sessions are an all-round yoga experience as taught in the traditional Indian yoga culture. This includes breathing exercises, a yoga asana work out and meditation.

Julie teaches in English, German and Italian.

Styles vary according to student's level, but each class is designed to energize the body, nurture a spiritual awareness, finding inner peace through strength and ultimately enjoying this life.

Julie has taught yoga to everyone from corporate to mums, beginners to advanced and various age groups from 3 years to 90 years. Julie is also a trained dance teacher and Ayurveda practitioner.



# ALESSIA AVELLINO

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Alessia started practising yoga in 2000 whilst in New York, where she was doing artwork after winning an art scholarship. She still remembers her very first class, and having a feeling of deep healing wellbeing and home coming.

Alessia is certified to teach Jivamukti Yoga, Kundalini Yoga for Mastering the Addictive Personality, Kids Yoga and she is also a qualified Shamanic Practitioner, Quantum healer, Belly Dance teacher, and award winning Fine artist.

In her words: 'I believe that Yoga is a deeply transformational practice that can enable us to really live a happier life and become more joyful and compassionate human beings towards ourselves and others. My practice can be quite dynamic although still very focused on alignment and body awareness and involves some Yoga philosophy and looking at how the ancient texts on Yoga apply to the yoga we practice on the mat today. I believe that everyone has the ability to improve their health and life through the practice of Yoga and Meditation and it is my aim to facilitate their empowerment'.

Alessia is very grateful to all the teachers who have assisted her in developing her practice and self-healing.



# YOUR MASSAGE THERAPISTS AND BEAUTICIAN

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## ANNALISA ACHILLE

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Enjoy authentic Ayurveda treatments and beauty treatments of the highest quality with Annalisa.

She specialised in Ayurveda massages in Kerala (South India) in the Ayurvedic village of Abhyanga. Striving to further learn and perfect her practices, she continued her studies in Sri Lanka.

Choose from any of her treatments during your retreat. Brochure available on request.



## SABRINA PERSANO

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Treat yourself to a deep tissue massage with our local massage therapist Sabrina. Sabrina has the magical power of knowing just which areas of your body needs attention and her massages leave you floating on air!

Her massages perfectly compliment your yoga practise as you unblock and release your body and mind.

THE DESTINATION  
AND  
RETREAT HOME



# LECCE, SALENTO

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## Your Destination



Set in the southernmost part of Italy's heel, Salento offers many attractions including historical towns, fortified gems of Gallipoli and Otranto, the baroque sophistication of its capital Lecce ('The Florence of Southern Italy'), stunning beaches, a lively gastronomic scene and much more.

Lecce can be easily reached by landing at Brindisi or Bari airport.



# MASSERIA COCCIOLI

## Your Retreat Home



Set just 4 km from the Adriatic sea, Masseria Coccioni is a beautifully restored 15th century estate surrounded by ancient olive groves of the Salento countryside.

This secluded haven is set in between the ancient and life-full city of Lecce and the peaceful natural preserve of Parco del Raucio with the most beautiful beaches and villages of Salento in close proximity.

The Masseria offers a large outdoor swimming pool, 10 en-suite bedrooms and 2 suits. Free WiFi access is included and each room will provide you with air conditioning, heating and a patio or terrace.

In close proximity to the Masseria stunning beaches populate the coastline including Lido Kalu beach and restaurant.



# MASSERIA COCCIOLI

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## Your Retreat Home



YOUR RETREAT  
PROGRAM

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# YOUR PROGRAM

27 April – 04 May 2018



- Fresh Lemon & Ginger Tea and light breakfast
- Early Morning Jivamukti yoga class
- Beautiful brunches served outside, featuring freshly prepared delicious, local produce
- Free time: by the pool, walks in nature, exploring the nearby historical towns, sun filled beach trips
- Massages: Our massage therapists will have multiple appointments available throughout the week for your convenience
- Light afternoon snack
- Late afternoon restorative Hatha yoga class
- Sunday (29th) we will have a special Kundalini session during Full Moon and on Tuesday (1st) a Shamanic circle
- Dinners will be served after yoga class, featuring more of Salento's best and freshest produce



If you have any questions or desires just let us know and we'll do our best to accommodate your requests

YOUR  
RETREAT MENU

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# ON THE MENU

27 April – 4 May 2018

- The menu includes seasonal vegetables and fruits selected from local gardens
- A typical breakfast before class consists of fresh lemon & ginger tea, and fruit
- Brunches and dinners will be served family-style, sometimes outdoors on the terrace or by the pool. There will be a selection of fresh salads, vegetable dishes, grains and delicious smoothies
- Dinner will be a real Salento culinary experience with home cooked traditional dishes, prepared freshly and with local produce



Of course, if you have any dietary restrictions, just let us know when you book and we'll surely accommodate

# THE LOGISTICS

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# SPRING AWAKENING YOGA RETREAT

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SALENTO, ITALY 27 April – 4 May 2018

## Prices

Prices are based on per person and in euros.

All rooms have en-suite bathrooms, a/c, heating, hair dryers, and a patio. Towels are provided.

Triple room (3 single beds) : €1,150

Double room (shared bed) : €1,350

Twin room (2 single beds) : €1,350

Single room (queen size bed) : €1,550

## What is included?

- 8 days 7 nights accommodation, en-suite rooms with air con and wifi
- All meals (light breakfast, brunch, afternoon snack and dinner)
  - Transportation from/to Brindisi Airport
  - Yoga classes twice daily taught by Julie and Alessia
  - Your yoga insurance

## What is not included?

- Flights (nearest airports are Brindisi and Bari)
- Travel expenses and food purchased during your free time
- Massage appointments are available but not included
  - Any meals organised outside the Masseria

TO RESERVE  
YOUR SPACE

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CONTACT US AT

[juliemeoyogalife.com](http://juliemeoyogalife.com)  
+39 349 2712076  
[juliemeoyogalife@gmail.com](mailto:juliemeoyogalife@gmail.com)



SPRING  
AWAKENING YOGA

juliemeoyogalife@gmail.com  
+ 39 349 2712076

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