

## Travel

### **Airports and Transfers**

Fiumicino international airport (FCO) is Rome's main airport. Approx 2.5 hrs flight from the UK.

Flights leave the UK from London Gatwick (LGW), London Heathrow (LHR), London City (LCY), Manchester (MAN) and Bristol (BRS).

**Transfers** are available on request at an extra cost:

We suggest flying to Rome's Fiumicino (Leonardo da Vinci) airport. In Sabina can organise a large minibus transfer at 3:30pm on the arrival date, so if you would like to be a part of the minibus transfer, please book your flights accordingly so you can take advantage of this (you will pay the bus driver directly. We can confirm prices once we know numbers). We do recommend you try to make this transfer, however if you can't, alternative arrangements can be made, at a cost of:

€120 car (up to 3 passengers)

€170 small minibus (up to 8 passengers)

€250 large minibus (9 - 16 passengers)

There will be a return journey transfer (same prices as above) from In Sabina at 10am to Rome's Fiumicino (Leonardo da Vinci) airport on 21<sup>st</sup> September arriving Rome approx 11:30am.

Once you've booked your place, and your flights please let us know so we can help co-ordinate your smooth transit.

If you would like to stay in the area before or after the retreat, the beautiful La Torretta in the historic centre is a stunning family run B&B recommended by our hosts at In Sabina.

### **Arrival and Departure at In Sabina**

14<sup>th</sup> September is arrival day. We are welcome to arrive after 4.30pm. There is no yoga scheduled today but we will all meet and have supper together. Yoga will begin on the morning of 15<sup>th</sup> September with an opening practice and white despacho, a shamanic manifestation ritual to set our intentions for our week together.

21<sup>st</sup> September. We will have our usual morning practice followed by breakfast and be ready to leave the venue by 10am. We suggest to book a flight in the later afternoon if you are travelling home that day .

### **Insurance**

Everyone must have full travel insurance.

Shanti Sundays and In Sabina accepts no responsibility for loss theft or damage to persons or property during their stay. Guests must obtain their insurance independently.

### **Weather/climate and clothing**

Average temperatures range from 21° to 28° Celsius in the month of September. The days are mostly hot and it does sometimes get a cooler in the evenings so make sure you bring a shawl or jumper for the early mornings and evenings.

### **Phones and Internet**

#### *Mobile Phones*

Nearly all European networks work in Italy. Contact your network for call charges. Coverage is good but we will ask that you keep your phone on silent so as not to disturb the peace and tranquillity of the surroundings and atmosphere.

#### *Internet*

There is no internet available at the house, the nearest internet connection is in the village a 3 km walk (35 minutes) away.

### [Terms & Conditions](#)

#### CANCELLATION

- 60 days or more prior to the retreat date: Your payments will be refunded, less £300 which is your non-refundable deposit.
- 59-30 days prior to the retreat date: payments are not refundable, but are transferable (less a £200 holding deposit) to a future retreat.
- 29 days or less prior to the retreat date: payments are not refundable but if the retreat is full and we do find someone to take your place we will transfer you to another retreat (minus a £200 non refundable deposit).