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*What to know  
before you book your  
holiday*





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## *How to book & info*

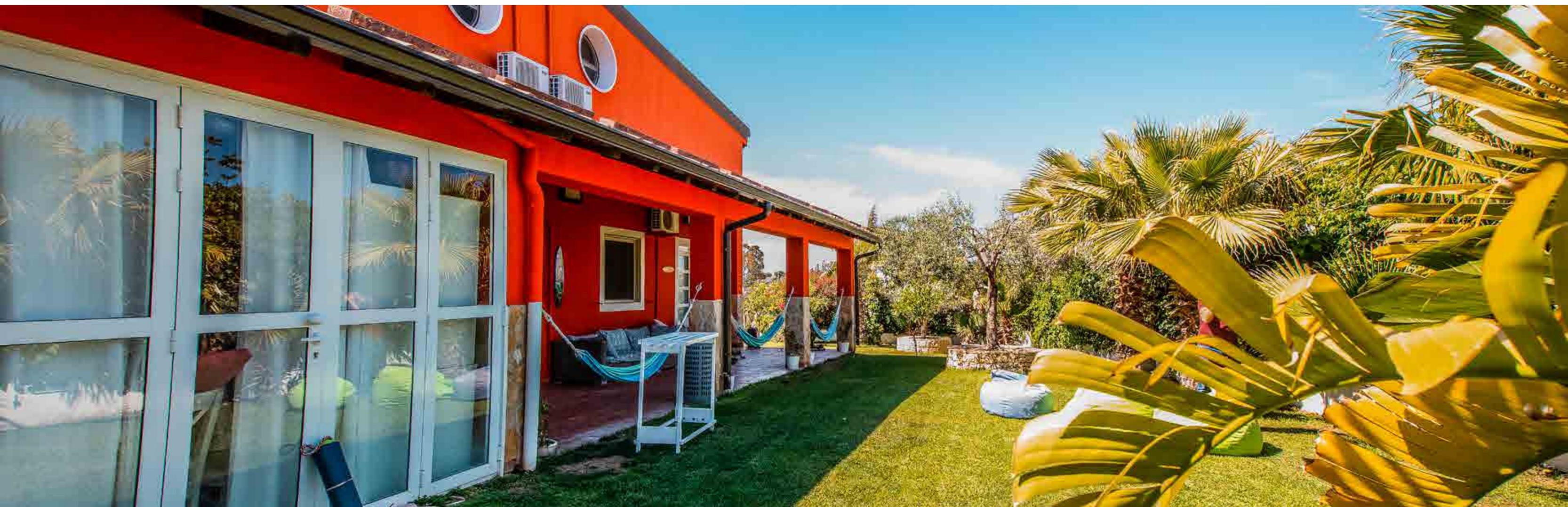
Book your room at the bottom of our **website [www.floripa.it](http://www.floripa.it)**

**Yoga Package:** during your reservation process, 2 daily yoga classes will be included automatically at the checkout

Price is **30 euro per night per person.**

If you would like to add one more package you just need to click the box "**Yoga package for second guest**".

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*How to arrive here*

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## Closest airport

Catania & Comiso

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### *From Comiso Airport*

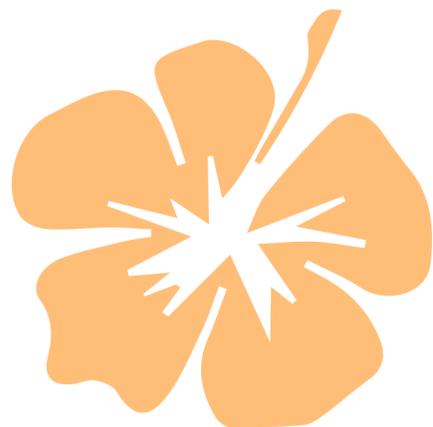
Book a **pick up service** through us (€ 65 for a standard car, € 75 for 2 to 3 persons, extra fee of € 20 applied btw 11 pm and 7 am).

### *From Catania Airport*

Take a bus to **Pozzallo**. We can arrange pick-up for you at the bus station for only €10,00 (or €15 from 11pm to 7 am).

Book a **pick up service** through us (€ 80 for a standard car, € 90 for 2 to 3 persons, extra fee of € 20 applied btw 11 pm and 7 am).

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# Meals

We provide **vegetarian/vegan** lunches and dinners in **buffet style everyday**: price is 12 euro for the lunch and 18 euro for the dinner, water and **Sicilian wine included**.

If you decide to purchase a package with all the lunches, price for each of them will be only 18 euros and dinners only 20 euros.

We also provide lunch boxes option for you delivered directly at the beach spot. Alternatively there are many restaurants and groceries...



# Yoga Package

Yoga is taught by 3 international teachers in a variety of styles, including **Vinyasa, Ashtanga, Prana flow, and Yin yoga.**

First class included is the evening when you arrive (at 6pm), the last one in the morning of your leaving (at 8am).

**During the afternoon** we also offer **workshops** (inversions, arm-balancing, backbends, yoga philosophy, ayurveda and son on). Price for the workshops is around 15-20 euros.

In the **morning** we teach a dynamic style of flow yoga and the teachers give variations according to everybody's capacities and levels. During summer months, we also offer **Sup yoga classes**: spots are limited so please book it the day before. Price is gonna be only 5 euro extra.

At the **afternoon session** we teach yin-yoga or a gentle flow, followed by a meditation session. Sometimes the classes are done at the beach or in the little forest close to the B&B.





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## *Beach Spot & Water activities*

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Floripa **includes** your sit and **umbrella at the beach**, that is located in front of the Guest House and you can easily reach it by walking on the seaside.

From 9am to 7pm you will find there one of the Team ready to assist you.

We offer **SUP yoga classes** in summer mornings and **water sports** such as kite, wind and wave surfing during all the season. Equipment **rental, beginner classes, intermediate** as well as Master classes are available at our side on shore Spot! Our **instructors are certified by Iko** and speak more languages.

The spot is great even just for **relaxing**, to enjoy the **sun** or just to have a **cocktail** with your **friends!** **In summer** months you will also find close **Lidos**, with **restaurant** and **music**, while during **low season** all the beach is **calm**, empty and extremely **peaceful**.



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## *Wellness*

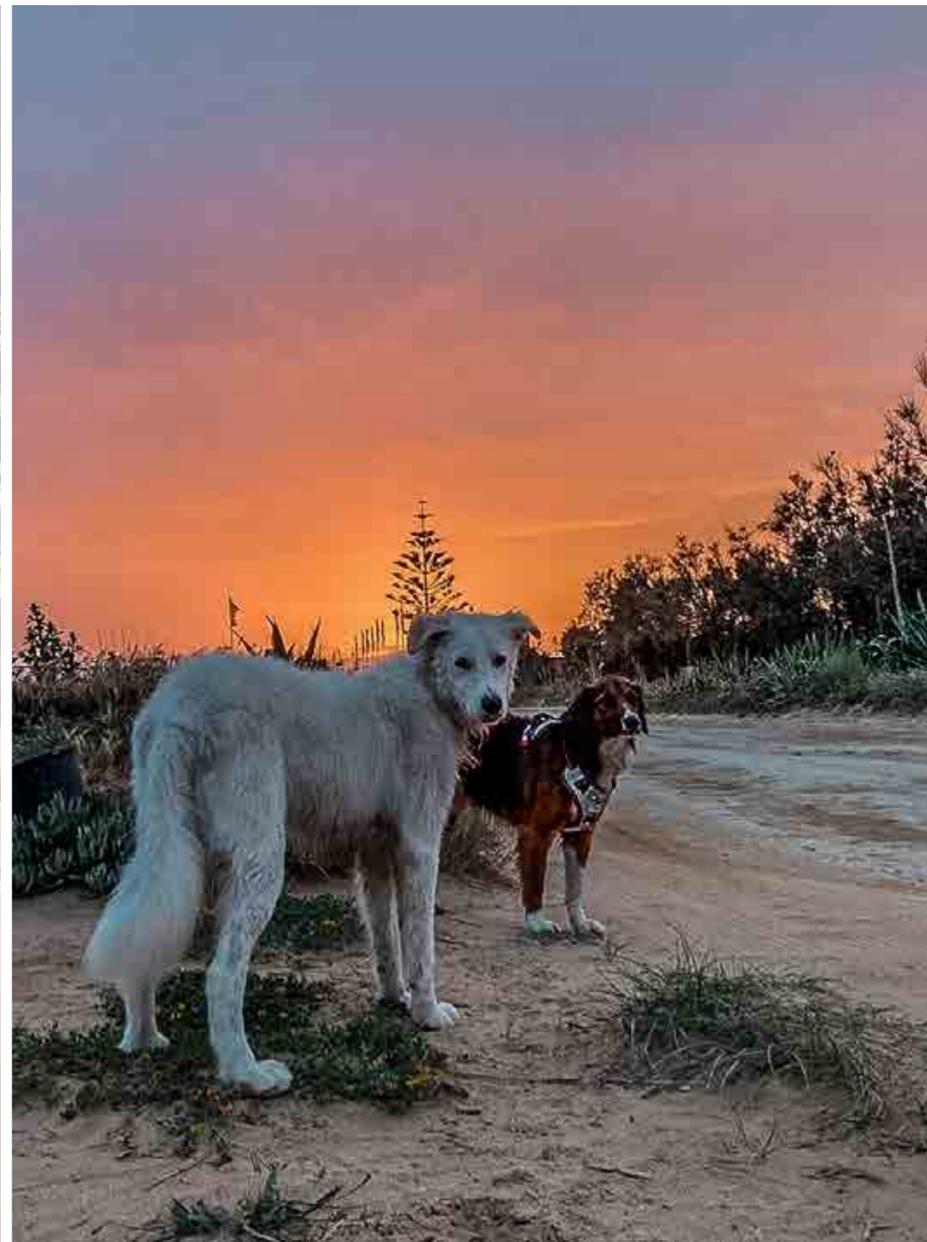
Starting from **45 euros** you can reserve at our House **many treatments**, including **head massage, face massage, full body**, with 4 different **certified therapists**.

**Osteopathic Treatment** with Lorenzo  
**Full Body relaxing massage** with Giada  
**Deeptissue, Swedish, Sport, Lipolytic** with Jenny  
**Reflexology** with Giulio

Why not enjoy the end of the day by watching the stars from our **openair Jacuzzi?**

Oh yes! We have a Jacuzzi which you can reserve anytime during the day.. and the night! Perfect **way to end your day** or to spend an autumn afternoon!





*Be Floripa*

## What to expect

Our philosophy

*We will be happy to meet you !*

We want your stay at Floripa Yoga & Kitesurf House to be exactly what you want it to be.

**Morning yoga** as the sun comes up, a long lazy **breakfast with new friends**, a post-lunch nap in one of our famous hammocks, and a **sunset** walk along the beach.

Or... non-stop **water sports, beers, bbqs** and laughs.

Unlike many retreats, we don't have a set schedule you have to follow.

We go with the flow and invite you to do the same.

We are a **small team of people** coming worldwide and working hard but at the same time really **enjoy the company of our guests**, love spending time at the beach (we basically all kitesurf!), and practicing yoga.

Values at our house are **respect, kindness, love for life and simple things.**

We welcome you into our way of living, hoping you can enjoy it,



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*Follow us*

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