



ABOUT US

Prana-Tours is a women-owned boutique company that offers mindful and immersive travel experiences for women aimed at grounding us in our bodies through the senses. At Prana-Tours we believe that healing the environment and the world, begins with healing ourselves. We invite you to invest in a vacation that nourishes you on different levels (mind, body, and spirit), and leaves you feeling more balanced and joyful.



PRANA
TOURS

*Immersive travel experiences,
One breath at a time.*

Women's Wellness Retreat 2024 Abruzzo, ITALY Oct. 31 to Nov. 8

This tour is designed for a
maximum of 15 women.

Reservations close July 1st!

Limited advertising.

Word of mouth only.

Contact us ASAP if interested:
pranatours2024@gmail.com



SLOW, MINDFUL, AND SUSTAINABLE TRAVEL

Prana Tours offers an immersive tourism experience for women only that is rooted in mindfulness, self-love, and self-care in a beautiful part of Italy. Nestled between the Apennine Mountain range and the Adriatic Sea, Abruzzo is one of Italy's best kept secrets. In this week-long journey, we encourage our guests to engage in the radical act of pausing, observing, and reflecting.



SLOW TRAVEL IS INTENTIONAL

This is an inward as well as an outward journey. It is an opportunity to reconnect to yourself, while connecting to others. We will practice being in the body through a variety of nourishing experiences that tap into our senses: walking, hiking, foraging herbs, dying wool, eating wholesome foods, journaling, mindful arts and crafts, listening to live music, and being in nature while harvesting saffron or visiting a donkey farm.



ITINERARY



MORNINGS: Body movement & intention setting for the day

Oct
31

Arrival day. Travel to Pescara on your own. Group dinner, beach walk.

Nov
1

Pescara: beach yoga, healthy breakfast, 1.5 hour bus ride Navelli.

Nov
2

Borgo Navelli: Immersive saffron harvesting, drying, & mindful lunch.

Nov
3

Travel to l'Aquila, lunch, mandala weaving, roasted chestnuts.

Nov
4

Knit and trek immersed in nature! Light lunch. Mindful art evening.

Nov
5

Cooking class, lunch, essential oils and herbs, yoga class, aperitivo.

Nov
6

Borgo Santo Stefano visit and hike to Calascio Castle. Live music.

Nov
7

Ride the shepherds' trails on a donkey. Explore natural caves.

Nov
8

Travel by bus to Pescara, healthy lunch, mindful walk on the beach.



EVENINGS: Guided relaxation, mindful arts and crafts, and/ or journaling with prompts

*Please note: Activities and schedule are subject to modifications, depending on the weather and other external factors.



PRICING

US\$ 2,100 to US\$ 2,700 per person
(Depending on single accommodation type)

PRICE INCLUDES: hotels, private bus transport from Pescara to Navelli and return, day trips, all meals (some light ones), all immersive sensory experiences, morning yoga, and evening relaxation & self-care activities .

NOT INCLUDED: Your airfare, your travel and medical insurance, your RT bus ticket Rome airport - Pescara - Rome.

Find out more. Email us:

pranatours2024@gmail.com

Reserve your spot ASAP with a \$500 deposit.
Maximum 15 women.