

Calabria, Italy

SEPTEMBER 2026
19th-26th
FLOW HOUSE YOGA





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activities
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italy team
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FAQ*



trip overview

Included:

- 7 night stay at Agriturismo, Borgo Piazza, in Calabria, Italy
- Daily Meals and a small glass of wine with dinner
- All On Site Snacks
- All Daily Yoga and Meditation
- All Daily Activities and Excursions
- All Scheduled Transportation

Not Included:

- Airfare
- Gratuities
- Alcoholic Beverages Off and On Site
- Off Site Meals
- Off Site Snacks and Personal Purchases



at the agriturismo

An agriturismo is a type of rural accommodation in Italy that is directly connected to a working farm. The word comes from agricoltura (agriculture) and turismo (tourism). This means you'll be a guest on an active agricultural property rather than a conventional hotel.

whats on the property?

- Restaurant / Kitchen
- Amphitheatre
- Pine Forrest
- Lounging Pool
- Walking Trails and Scenic Views
- Organic Garden
- Church
- Herbal Lab
- Olive Press
- Honey Lab
- Brick Oven
- Farm Cats and Dogs



activities



- Daily cooking classes
- Lounging in pine forrest or by pool at your leisure
- Daily yoga and meditation
- Day trip to Day Trip to the Tyrrenean Coast
 - Tropea
 - Pizzo
- Lavender sachet making for restful sleep (on site)
- Marco's honey laboratory (on site)
- Silk Museum of San Floro
- Caminia Beach visit
 - Cave of San Gregorio
- Herbal laboratory (on site)
- Scolacium Archaeological Park
- Citrus grove hike with Ionian coast viewpoint (on site)
- Lungomare di Catanzaro Lido
 - Ice Cream
 - Drinks
- Night time at Lungmare di Soverato
 - Bars
 - Walk
 - Nightlife
- Squillace Superiore Castello
- Isola Capo Rizzuto

If registered, you will receive the refined daily itinerary one month before the trip.



available rooms

Shared Villa (sleeps six)

Shared Junior Suites (each sleeps three)

Single Rooms in Shared Farm House

While the accommodations are simple and rooted in traditional Italian farmhouse style, they are clean, comfortable, climate-controlled, and thoughtfully maintained.

*please note you will be paired with retreat attendees of same sex in shared spaces if you do not book the entire villa or apartment.

Farm House can be co-ed due to sleeping arrangements being separate.





Villa Luna

Shared Space - Sleeps Six

This enchanting and spacious villa is set just steps from the swimming pool and offers sweeping views of the Ionian Sea. Nestled in a particularly beautiful area of the estate, it overlooks the newly planted vineyard and surrounding untouched landscape, creating a serene and atmospheric setting immersed in nature.

The villa is the largest on the property, approximately 140 square meters, arranged on a single elevated level with a stunning panoramic terrace. With private and independent access, it comfortably accommodates up to six guests.

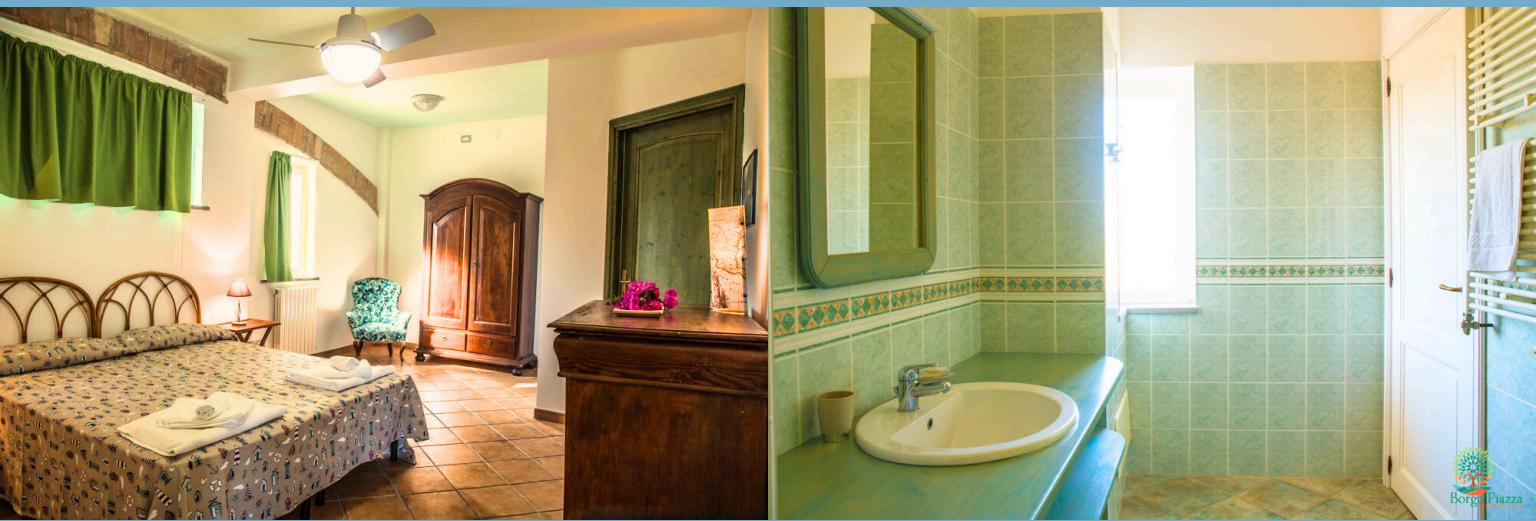
The main entrance opens into a generous central living space furnished with sofas and armchairs, a small bookcase, television, and a dining table ideal for shared meals and relaxation.

The sleeping quarters include three bedrooms. Two bedrooms, each with two beds, share a well appointed bathroom with a shower. The spacious primary bedroom also features two beds, the option to add a third bed, and a private en suite bathroom with a large, elegant shower.

A fully equipped kitchen with modern appliances, including a dishwasher, is located adjacent to the living area. The villa is equipped with blade ventilation throughout, and all three bedrooms feature hot and cold air conditioning. Guests enjoy direct access to the swimming pool, making this villa an ideal balance of privacy, comfort, and shared retreat living.

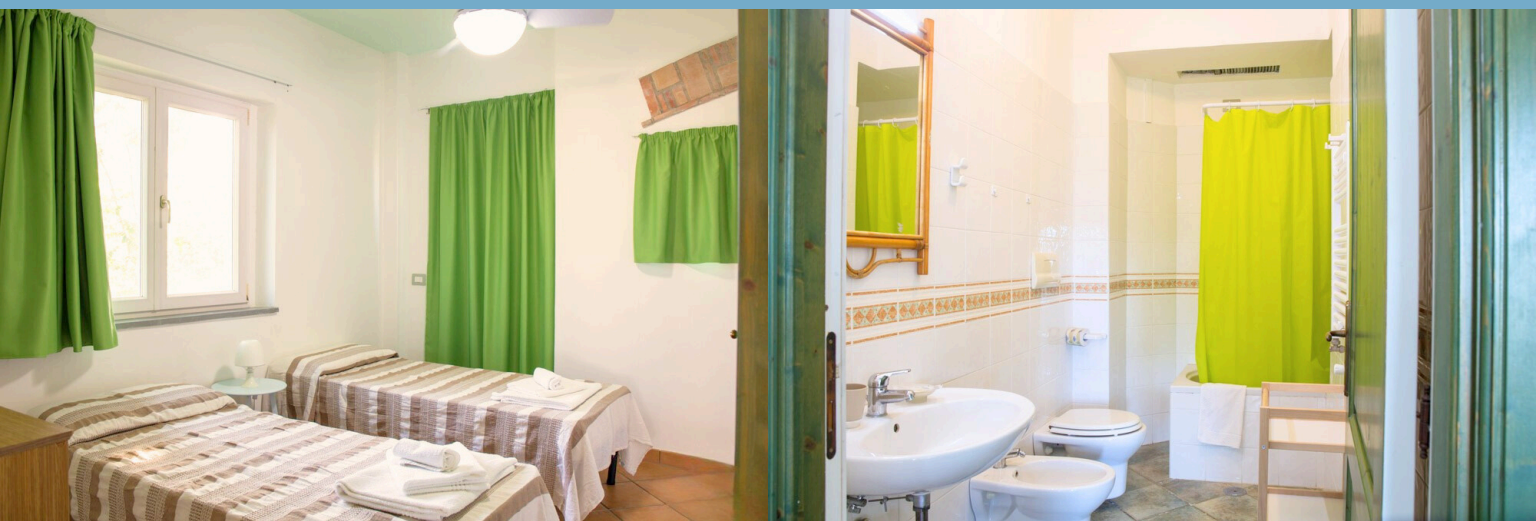
Villa Luna

Sleeps Six



Primary Bedroom with Private Bathroom | Sleeps 2 | \$2,990.00 per person

(Beds will be separate unless room is booked together and requested.)



Bedrooms with Shared Bathroom | Sleeps 2 | \$2,750 per person

(Beds will be separate unless room is booked together and requested)





il Casale

Three Single Rooms in One House - Sleeps Four (one person per room)

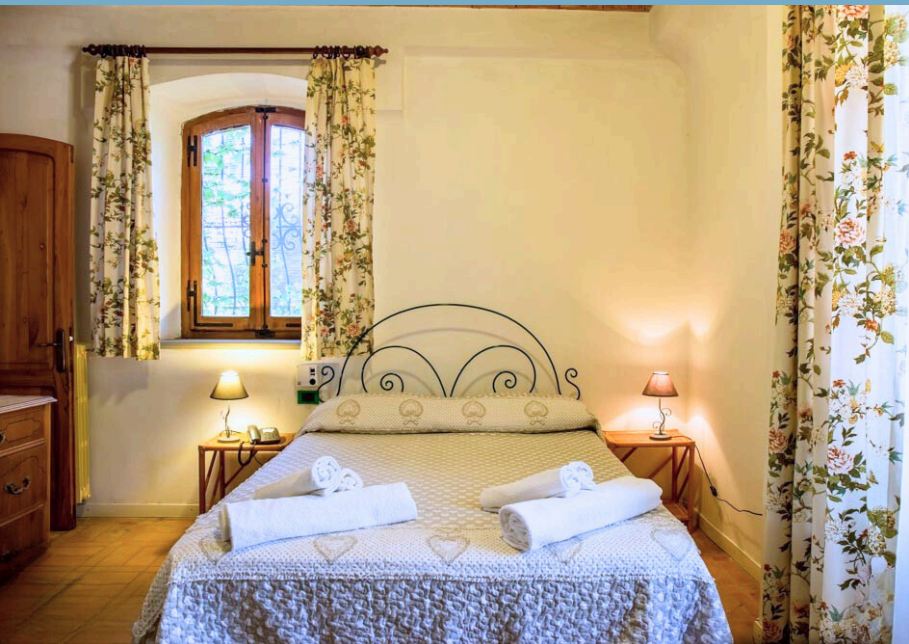
The farm house accommodations are located in the east wing of the main manor house, a horseshoe shaped building primarily set on the ground floor with a small central elevation. This elegant residence is the result of a thoughtful renovation and expansion of an original 19th century rustic farmhouse. The country style rooms feature private bathrooms and are spacious, intimate, and welcoming, each accommodating one guest.



Single Room Passerotti

Farm House Single Room | \$3,190

The Passerotti Room is intimate and comfortable, offering one bed. It features a private bathroom with shower, a large ceiling fan, independent heating, air conditioning, TV, minibar, and complimentary WiFi. A balcony opens onto the pine forest lawn at the heart of the farmhouse park, creating a peaceful atmosphere. Bed linens and towels are provided, with changes every four days, and daily cleaning and tidying service is included.



Single Room Papare

Farm House Single Room I \$3,190

The Papere Room is an intimate and comfortable single occupancy accommodation designed for rest and ease. It features one bed and a private bathroom with both a bathtub and shower, offering a relaxing and well appointed space. The room is equipped with a large ceiling fan, independent heating, and air conditioning to ensure comfort throughout the year. Additional amenities include a TV, minibar, and complimentary WiFi. Bed linens and towels are provided, with changes every four days, and daily cleaning and tidying service is included.



Single Room Tartaruga

Farm House Single Room I \$3,190

The Tartaruga Room is a spacious and comfortable single occupancy accommodation designed for relaxation and privacy. The room features one bed and includes a private bathroom with shower. It is thoughtfully equipped with a large ceiling fan, independent heating, and air conditioning to ensure comfort in every season. Additional amenities include a TV, minibar, and complimentary WiFi. Bed linens and towels are provided, with changes every four days, and daily cleaning and tidying service is included.





The Junior Suites

Shared Spaces | Sleeps 3

The Junior Suites are newly built studio accommodations with independent entrances along the scenic Lemon Avenue. Each spacious and comfortable studio measures approximately 45 square meters and features a double bed and a living area with two additional beds. The suites include a bathroom, minibar, two air conditioning units, and a television. Each studio opens onto a small private terrace overlooking the pond, furnished with two deck chairs for outdoor relaxation. Bed linens and towels are provided, with changes every four days, and daily cleaning and tidying service is included.



The Junior Suites

Shared Spaces | Sleeps 3 | \$2,590 per person



Italy Retreat Team



Brittney Bruno Kozek

Brittney is the owner of Flow House Yoga and a dog mom of two. She has been teaching for ten years, creating grounded and welcoming spaces for thoughtful practice and genuine connection. Trained in both power and yin yoga, her teaching balances strength and stillness with care and intention. This retreat to Calabria, Italy holds deep personal meaning for Brittney, as it is where her grandfather was born and raised, making the journey a celebration of heritage. She loves travel as a way to experience culture, expand perspective, and deepen appreciation for life beyond the familiar, and sharing these experiences with others is one of her greatest passions.



Luisa Cilurzo Spinella

Luisa is a Calabrian native who weaves together her roots, her love for cultural exchange, and over 20 years of yoga teaching experience into her classes. A certified E-RYT with Yoga Alliance, she is trained in Vinyasa, Yin, and many other styles, with a strong focus on asana technique, posture, and alignment. Her teaching is grounded, accessible, and adaptable, supporting students of all experience levels, with meditation at the heart of the practice as an invitation to slow down, listen inward, and cultivate presence. Having always loved experiencing different cultures and connecting with people, she deeply enjoys sharing her Calabrian background through yoga, movement, and lived experience, and teaching in this land feels like a true honor and homecoming.



about calabrian culture

In Calabria, time unfolds at a slower, more relational pace. Meals are unhurried, conversations linger, and presence is valued over efficiency. Life is shaped by seasonal rhythms rather than strict schedules, creating space for connection, care, and shared experience.



Calabria is not overproduced or performative. Beauty reveals itself in food made from what's nearby, worn stone streets, and untouched landscapes, where comfort comes from authenticity. Social life extends beyond the home into piazzas, streets, and along the lungomare (boardwalk) during the evening passeggiata (customary evening walk), where a natural warmth and closeness among people is felt. There is a quiet sense of belonging rooted in the timeless beauty of the place.



Calabria moves at a slower pace. Flexibility is part of the experience. This retreat is centered on authenticity and presence rather than luxury, inviting you to immerse yourself in a real cultural travel experience.

FAQ

Q: What is the weather like in September?

The temperature can vary from 71-81 degrees. It's mild and pleasant.

Q: Are activities included in the trip mandatory?

A: No, this is your vacation! All activities offered are **included** in your stay **but are not mandatory**. Come to as little or as many activities as you enjoy throughout the week.

Q: How often will yoga be offered?

A: We will be offering daily yoga and meditation classes.

Q: Can I do laundry?

A: Yes, laundry is available at an additional charge of €10. This includes washing, drying and returning of dry clothing. If you'd like ironing as well, it is an additional €4.

Q: Does Piazza Borgo serve alcohol?

A: Yes, a small glass of wine is included with dinner. If you'd prefer to not have wine with dinner, please let us know in advance. Additional alcoholic beverages are not included in the price of the retreat.

Q: Can Piazza Borgo accommodate dietary restrictions?

A: Yes - vegetarian, vegan and gluten free.

Q: Does have Wifi?

A: Wifi is available through many parts of the agriturismo and is available for all guests.

Q: Do the rooms have air conditioning?

A: Yes

Q: Will you provide a suggested packing list?

A: Once you enroll in the trip, we will provide a suggested packing list to make your week the most comfortable.

Q: What is the currency in Italy?

A: Euro

Q: How do I convert my USD to Euro? And how much should I take with me?

A: You can use an ATM in Italy to get euros. We recommend only bringing a few hundred dollars. You may only need euros for small gratuities.

FAQ

Q: What is the required deposit to secure my spot?

A: A \$1000 non-transferable, non-refundable deposit is due at booking to secure your space on this trip.

Q: Do I need to practice yoga to come on this trip?

A: No! While yoga will be offered each day, all yoga is optional. If you'd prefer to sleep in or yoga is not your thing, we're just happy to have you.

Q: What is the age limit?

A: Solo travelers must be 18+. Ages 13-17 must be accompanied by a legal guardian. While Borgo Piazza is a family friendly place, ages 12 and under are not permitted on the retreat.

Q: Will there be other guests at Borgo Piazza while we stay there?

A: Yes, there will likely be other guests at Borgo Piazza while we are there.

Q: When is my final payment due?

A: Final payments are due on or before August 1st, 2026.

Q: When are the payments no longer refundable?

A: The trip is no longer refundable or transferable on August 1st.

Q: Can I use my card in Italy?

A: Yes! Just make sure to contact your bank to let them know ahead of time that you're traveling to Italy.

Q: Do I need my passport?

A: Yes, you do need a passport to travel to Italy and back. **Your passport must be valid for at least 6 months after you depart. If your passport expires this year you need to get your new passport ASAP.**

Q: Can I travel alone?

A: Yes! We will pair solo travelers together in rooms.

Q: I'd like to book an entire room with my friends, can I do that?

A: Yes, while registering you will be given the option to provide the names of who you're traveling with. Check with us by emailing **bb@flowhouseyoga.com** and we can make sure that there is availability for the entire room you are requesting. In the case that there are spots left open in the room, we will fill them with other attendees.

FAQ

Q: Is travel and international health insurance required for this retreat?

A: Yes, we require that all participants get travel insurance for your own protection. Our recommended Travel Agency is We Shell Travel. Please feel free to contact Sue Burns at Sue@WeShellTravel.com or 609-839-2206. You are not required to use We Shell Travel, but you are required to purchase insurance. Proof of insurance will be required.

Q: How close is the nearest hospital to our accommodations?

A: It's only a short drive. The hospital is free for emergencies! So you won't need to worry about cost. In the case of an emergency, we would be able to transport you immediately. It's recommended to contact Sue Burns at Sue@WeShellTravel.com or 609-839-2206 as seen above for travel and health insurance.

Q: How about non-emergency medical care?

A: There are multiple local facilities where one can visit a doctor.

Q: Do you have arriving flight / travel recommendations?

A: Yes.

Your aim is to have your final destination in Lamezia Terme Airport on September 19th. This is how to arrive there:

- **Continuous Travel to Italy, leaving US on Sept 18th**
 - From Philly (PHL), Newark (EWR), or New York (JFK) to Rome (FCO) or Milan (MXP). Usually these flights are overnight and they will arrive in Italy in the morning.
 - From Rome (FCO) or Milan (MXP) find a connection to Lamezia Terme (SUF) using ITA Airline or another airline.
- **Adding a night in Rome or Milan, leaving US Sept 17th**
 - From Philly (PHL) to Rome (FCO) or Milan (MXP) arrive morning of Sept 18
 - Stay overnight in Rome or Milan (There are many hotel & airbnb options)
 - Schedule connecting flight for the 19th in the morning and arrive in time for 1:00 pm check in at Borgo.

You're welcome to plan your own travel outside of our recommendations. However, please consult with us before booking by emailing bb@flowhouseyoga.com.

We will be organizing the transportation from the Lamezia airport to Borgo based on the general arrival times of the group.

FAQ

Q: Do you have departing flight / travel recommendations?

A: Yes.

- **Continuous Travel to US, leaving Sept 26th from Italy**
 - Leave Borgo around 4:00 am with scheduled transportation to the airport.
 - From Lamezia Terme (SUF) flights are around 6:00 am with ITA Airline or low cost airlines fly to Rome (FCO) or Milan (MXP). With these flights you will arrive at your destination around 9:00 am.
 - From Rome (FCO) or Milan (MXP) to Philly (PHL), Newark (EWR), or New York (JFK). Usually these flights are late morning and will arrive in the US in the pm hours.
- **Adding a night or more in Rome or Milan, Leaving Italy Sep 26th**
 - Leave later in the morning. Check out is at 10am.
 - From Lamezia (SUF) to Rome (FCO) or Milan (MXP)
 - Stay overnight or stay as long as you want in Rome or Milan (There are many hotel & air bnb options)
 - Schedule connecting flight for the 27th in the morning or whenever you'd like.

You will be required to share all of your travel arrangements with us as soon as you book them. Again, if you are planning to make arrangements outside of our recommendations please reach out to us before booking at bb@flowhouseyoga.com.

Q: Can I use my phone in Italy?

Yes, however, you will need to get an international plan. Check with your cellphone provider and see what plans they offer so that you can use cellular data in Italy. This will allow you to use your phone like you do here!

If you have any additional questions, please email Brittney at BB@flowhouseyoga.com.