



&

botanica
FLORAL + HOME

May 13th -23rd - 2026

PUGLIA ITALY



Floral Design & Mindfulness
in Italy and Much More

DRAFT ITINERARY

13th May - WED-Arrive Brindisi (BDS)

Transfer to boutique bnb in a convent from 1600s- **5 nights**

Welcome Dinner

14th May - THU

Am - Mindfulness: The Art of Presence

Lunch in Oria at Luce

Wine tasting and wellness in the vineyard

15th May - FRI

First Floral Master Class

Farm to table lunch in Locorotondo

16th May - SAT

AM- Wellness: a holistic state of health; nourishing the body; connecting purpose and community (At the beach weather allowing)

Picnic lunch at the beach

Second Floral Master Class

17 th May - SUN

Farm to Table Experience with Gianni and Cinzia

18th May - MON

Check out and move to Otranto in luxury resort - **5 nights**

Olive Oil tasting and Mindfulness practice

19th May - TUE

Pasta Making Class with nonna Giuseppiana and lunch

20th May- WED

Third Floral Master Class and Final Banquet

21st May - THU

Boat experience

22nd May - FRI

23rd May SAT

(End of Trip and Check Out) - Late morning - for an afternoon flight

I suggest a 3 nights stay in Rome for people to explore on their own.