



**5 Nights Slow Travel Mindful
Experience**

May 16-20, 2026



**Echoes of Puglia:
A Mindful Escape by the Sea**



A guided mindful journey lead by local wellness and slow travel expert Antimo Cimino; Accommodation by the sea; breakfast every day, mindfulness, guided meditation and breath work sessions; Farm to Table lunch; Wine tasting/pairing lunch; Mindful walk through wine and olive countryside; Stand Up Paddle for use.

NOT INCLUDED

Transportation needs; Incidentals;

DRAF ITINERARY

DAY ONE

May 16th - SATURDAY Arrive and check in (Monaco Mirante by the sea)

Sunset sensory guided meditation

Welcome Rooftop Aperitif

DAY TWO

May 17th - SUNDAY

8:00 am Morning floating meditation on the beach followed by healthy breakfast

Noon Hands in Pasta: A Farm to Table lunch experience

Free afternoon/evening

DAY THREE

May 18th - MONDAY

At sunrise - Sun Salutation mindful practice

Breakfast

Dining Beyond Sight: A Multi-sensory experience

DAY FOUR

May 19th - TUESDAY

8:30 Breath work practice and Breakfast

10:00 am Mindful walk through ancient olive trees and vineyards (Bosco Cuturi)

1:00 pm Wine pairing lunch at Antico Palmento

DAY FIVE

May 20th - WEDNESDAY

9:30 Breakfast - Free Morning

5:30 Mindful walk through natural protected reserve on the water and Dynamic Qi Breathing practice