



35€

Into the world of foraging for wild herbs

An immersion into the Sardinian traditional medicine



A journey into the perfumed Mediterranean landscape with recognition of the medicinal and edible plants used in the historic Sardinian tradition of self healing. We collect herbs and prepare oleolites to be able to heal ourselves emotionally and physically and pamper ourselves with a final relaxing self-massage.



Our Experiences 2023

Where?

In the countryside, 2,5 km from Angels cost sea and 20 km east of Cagliari.



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Contact



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InOurGardenSardinia



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In Our Garden is a **regenerative permaculture bioagritourism** in which to live **authentic experiences** merging nature and culture by reconnecting with yourself, others and Mother Earth

What we offer?

- **Hospitality** in houses and glamping tents
- **Experiences:** Regenerative activities, in every season in half-day or full-day versions with picnic
- **Tailore made experiences:** Games and educational activities for small groups, personal and community development retreats, cultural, holistic, artistic and sporting events.

All our experiences are available in **Italian, English, French, Spanish and Portuguese.**



Into the world of almonds 35€

Walk around the traditional almond groves

A slow stroll among the scattered almond trees to discover the history and symbolic meanings of this energetic and mystical fruit. We collect almonds, taste traditional sweets and relax with self-massages with almond oil-based oleolites.



65€

Into the world of natural wine

A walk in our vineyards with natural wine tasting

An immersion in our vineyards overlooking the sea with an explanation of our techniques for producing wine in a natural way, followed by a guided tasting session and a final relaxation in the hammocks.



Into the world of permaculture 35€

A walkabout with an on field illustration of the ethics and principles of permaculture

An immersion in permaculture as a methodology of design of thriving ecosystems. We will together make a smudge stick to burn for propitiating good vibes as in the traditional Sardinian rite of S'affumentu.

