

# Go Wild in Sardinia

Daily



Photo: © Su Gologone Hotel, Sardinia, Italy

By [Debra Bokur](#) - April 6, 2018

Love taking craft classes and cooking workshops in authentic and inspiring settings? At [Su Gologone](#) hotel in [Sardinia's Oliena region](#), keep busy with these options, or with the all-new April in the Wild Experience. Available through April 30, this detoxification escape embraces the power of the property's natural setting, helping participants relax and rejuvenate with fresh meals and ingredients including fresh local produce and seafood in traditional Sardinian recipes.

Included in the getaway: cooking lesson with a tasting of Sardinian breads; wine tasting; farm-to-plate breakfast; à la carte Sardinian supper; complimentary use of the minibar; unlimited access to the gym, mini golf and tennis courts; a gift of sweet local almonds; and an opportunity to attend a performance of the vocal group Tenores.

Children receive their own special amenity. Additional add-on activities include guided nature hikes, cycling and canoeing expeditions and a half-hour massage in the wellness center.

Also throughout April, travelers opt for the Detoxing in the Wild program (three days or one week in length). Led by Transpersonal Psychologist and Theta Healing teacher Carmen Nicolescu, the program includes morning and evening meditation training; a 30-minute foot detox therapy; a 90-minute Integrative Nutrition Workshop; choice of craniosacral therapy massage or intuitive body reading; a full-body lymphatic drainage treatment; one massage; balanced detoxification meals; and participation in the Ayni Despacho Shamanic Ceremony.