



TAKE BACK YOUR TIME!

THE FIRST ORGINIZERS OF DIGITAL DETOX EXPERIENCES IN ITALY

Get ready to disconnect from all types of digital devices and reconnect with yourself, nature and loved ones thanks to activities such as: nature walks, sports and digital wellbeing seminars.



NEXT DIGITAL DETOX EXPERIENCES

ONE-DAY EXPERIENCES

DIGITAL DETOX FAMILY EDITION

12; 13 SEPTEMBER*

*option to do 1 day or week-end

DIGITAL DETOX WITH YOGA AT SUNSET

20; 23 AUGUST - ALGHERO

DIGITAL DETOX ON BOAT WITH DOLPHINS WATCHING

22; 29; 30 AUGUST - ALGHERO

DIGITAL DETOX SUP EXPERIENCE

AVAILABALE ON REQUEST - GOLFO ARANCI

WEEK-END EXPERIENCES

DIGITAL DETOX IN ECOPARK NEULE

(4 - 6) SEPTEMBER - DORGALI

12.09.2020 / 13.09.2020
DIGITAL DETOX FAMILY EDITION
LOCANDA MINERVA
VILLANOVA MONTELEONE - SS

Imagine being able to turn off your phone and **enjoy a day with your family** without distractions, notifications, games or calls. An experience focused on nature, physical activity, culture, and fun. Disconnect from technology, have fun and participate in a **digital wellbeing seminar**: we will talk about the harmful effects of digital devices on children and how to protect them, accustoming them to moderate and conscious use. The event will be hosted by the "Locanda Minerva": accommodation in a historic building in the naturalistic oasis of Monte Minerva, within the SIC area of the "Grifone", **surrounded by nature**, it is close to a wonderful Domus de Janas. It has 10 rooms with private bathrooms and a restaurant that offers authentic flavors cuisine with fresh and seasonal **local Sardinian products**.



12.09.2020 and 13.09.2020

LOCANDA MINERVA (Villanova Monteleone)

HOURS: FROM 10:00 TO 19:30 of 12 September

FROM 10:00 TO 19:30 of 13 September.

Max. 10 people.

DAY 1

- WALK into the nature
- Visit to DOMUS DE JANAS
- LUNCH
- Digital Wellbeing SEMINAR
- Class of YOGA
- ANCIENT GAMES

DAY 2

- WALK into the nature
- Visit to DOMUS DE JANAS
- LUNCH
- Digital Wellbeing SEMINAR
- Class of YOGA
- Clay WORKSHOP
- ENVIRONMENTAL education activity

COST

1 DAY

Adult : 80€

Kids (< 12 y.o) :50€

OR

WEEK-END

(including accommodation,
dinner and breakfast)

Adult : 155€

Kids (< 12 y.o) :110€

04.09.2020 / 06.09.2020
WEEK-END DIGITAL DETOX - ISOLATED IN THE
PARADISE

ECOPARCO NEULÈ

(DORGALI) - SARDINIA

The Neulè Ecopark overlooks the wild and natural shores of Lake Cedrino among myrtles, olive trees and animals such as: mouflons, wild boars, hares, weasels and foxes. There is also a horse riding school on the property for excursions.

The property offers guests beautiful bedrooms and a cooking service for breakfast and dinner, satisfying any type of food requirement. A typical Sardinian dinner takes place on an amazing terrace with a wonderful view.

You will have a choice of many different activities: kayaking on the lake, boat hire, horseback riding, e-bike rental and walking through nature trails.

A digital wellbeing seminar will also be held, where we will understand how digital devices affect various aspects of our life and how to use them consciously and moderately.



04.09.2020 / 06.09.2020

ECOPARCO NEULÈ (DORGALI)

HOURS: From 10am of 4 September

To 4pm of 6 September.

Max. 10 people

INCLUDE:

- 2 NIGHTS ACCOMODATION
FULL BOARD*
- TOUR of the ecopark
- 2 digital wellbeing SEMINAR
- 2 Yoga and mindfulness
class (suitable for beginners)
- KAYAK on the lake
- EXPLORATION of the
naturalistic path
- Clay workmanship
EXPERIENCE
- INSURANCE
- PICTURES AND VIDEO
- SUPPORT for every need
during the activities

• **EXTRA SERVICES**

- Transfer from Port/ Airport to
Ecopark

**COST IN DOUBLE ROOM
(per person - tax included)**

Adult : 295€

Kids (< 12 y.o) :230€

***2 breakfasts, 2 pocket lunch, 1 lunch and 2 dinners**



DIGITAL DETOX DIGITAL DETOX WITH YOGA AT SUNSET

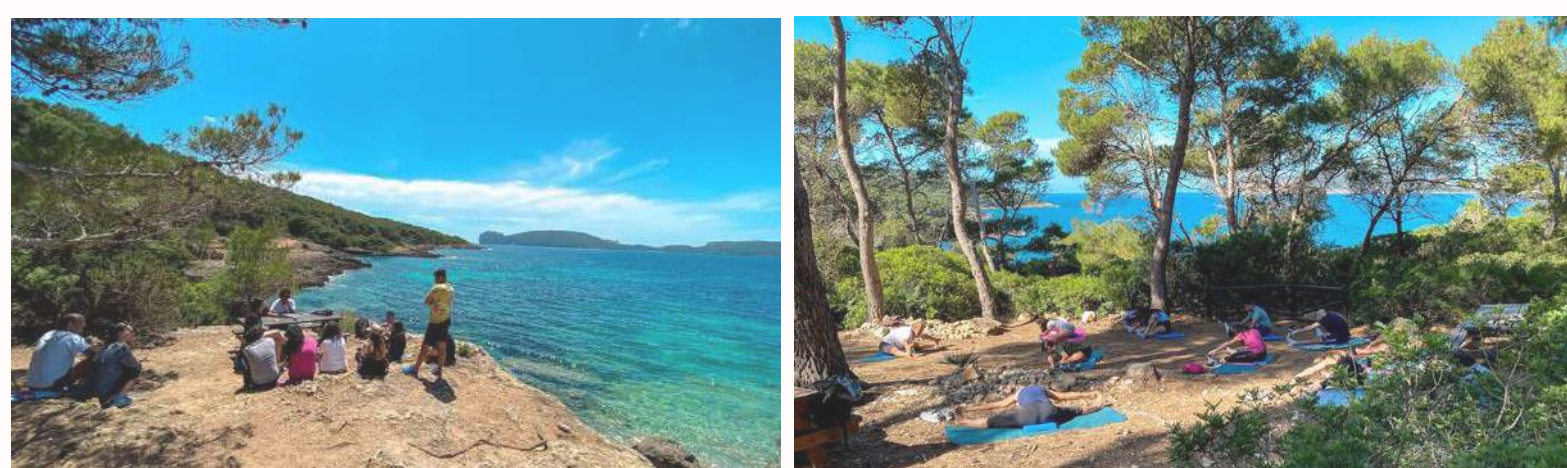
PUNTA GIGLIO (ALGHERO)

Punta Giglio is a 300-hectare natural oasis within the Porto Conte Regional Park surrounded by greenery and crystal clear sea that offer breath-taking views!

We will start with the digital wellbeing seminar, we will understand how digital devices affect various aspects of our life and how to use them consciously and moderately.

Afterwards we will explore the most interesting hidden trails of the park, where we will admire an extraordinary panorama (easy level). An orchestra of crickets accompanies the entire journey with a harmonic melody.

Coming back we will arrive at a panoramic sea lookout where we will practice Yoga at sunset. The landscape and the sounds of nature will make it a unique and very special experience (lesson also suitable for beginners).



20-23 AUGUST
PUNTA GIGLIO - ALGHERO
Digital Detox with Yoga at sunset
HOURS: 17:00 - 21:00

Max. 10 people.

INCLUDES:

- 1 Digital Wellbeing SEMINAR
- 1 Yoga class at sunset (suitable for beginners)
- Walk around suggestive and secret paths
- Ticket for the park
- INSURANCE
- PICTURES AND VIDEO
- SUPPORT for every need during the activities

COST

(per person - tax included)

Adult: 45€

Kids (<12 y.o): 35€

***Private experiences can be arranged for groups by request**

DIGITAL DETOX ON BOAT WITH DOLPHINS WATCHING

PARCO DI PORTO CONTE (ALGHERO)

Have you ever seen dolphins? Now imagine yourself doing it without distractions from your smartphone and the anxiety of taking perfect pictures... We can make this happen for you! Our talented photographer will take care of capturing your special experience while you sit back and admire these fantastic sea creatures, savouring the memory and living the moment to the fullest.

On the boat, before leaving, we will present the digital wellbeing seminar to understand how digital devices affect various aspects of our life and how to use them consciously and moderately.

Next we head out to sea! Thanks to the marine scientists of Progetto Natura, we are able to observe our resident pod of dolphins and share many interesting facts about their biology and behaviour. (The sighting percentage is greater than 80%).

Afterwards, we will snorkel in the crystal-clear waters of the "Isola Piana" Marine Protected Area to explore the seabed and discover its inhabitants.



22-29-30 AUGUST
PARCO PORTO CONTE - ALGHERO
HOURS: 8:00 - 14:00

Max. 7 people.

INCLUDES:

- 1 Digital Wellbeing SEMINAR
- Boat trip half day
- Dolphins watching with marine scientist
- Snorkeling with expert guide
- INSURANCE
- PICTURES AND VIDEO
- SUPPORT for every need during the activities

COSTO

(per persona - iva inclusa)

Adult: 65€

Kids (<12 y.o): 40€

***In case of a group request
we can arrange the
experience in another day
which is not planned**

DIGITAL DETOX SUP EXPERIENCE - ONE DAY EXPERIENCE CALA MORESCA (GOLFO ARANCI)

"Digital Detox SUP Experience" takes place on one of the most beautiful seas of Sardinia, in Golfo Aranci.

Once the smartphones are turned off, we will enter the pine forest and walk a nature trail with breathtaking views that will take us to Cala Moresca in about 40 minutes (Level: Easy).

Here Fabio and Claudia from Sardinia On Board will be waiting for us. They are both expert SUP (Stand Up Puddle) instructors who will teach you everything you need to know to partake in this fantastic sport, allowing you to enjoy the heavenly sea of Cala Moresca from an extra special perspective.

Later, in the adjacent pine forest, we will hold the digital wellbeing seminar, where we will understand how digital devices affect various aspects of our life and how to use them consciously and moderately



AVAILABALE ON REQUEST

CALA MORESCA - GOLFO ARANCI

Digital Detox Sup Experience

HOURS (2 OPTIONS)

10:00 - 14:00

14:30 - 18:30

INCLUDES:

- 1 Digital Wellbeing SEMINAR
- 1 lesson of SUP (suitable for beginners)
- Walk around suggestive and secret paths
- INSURANCE
- PICTURES AND VIDEO
- SUPPORT for every need during the activities

COSTO

(per persona - iva inclusa)

50€



Join **LogoutLiveNow**, you will discover our wonderful island doing a vacation characterized by relax, wellbeing and exploration.



www.instagram.com/logoutlivenow

www.facebook.com/logoutlivenow

CONTACT

Giuliano +39 3484626772

Gavino +39 3347894588

info@logoutlivenow.com

www.logoutlivenow.com

LOGOUTLIVENOW DI GAVINO PUGGIONI
Via Genova 10, 07100
P.IVA: 08216250902