



# TUSCANY

Truffle Hunting

*Autumnal*

Yoga & Wellness Retreat

21st - 25th  
October 2023

Yoga | Meditation | Pilates | Face Yoga | Nutritional Consultation |  
Truffle Hunting | Fresh Pasta Making | Journaling | Wine Tasting



Contact to book

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# *Tuscany, Italy*

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- 05 History and information on the magical surroundings

## *The Villa*

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- 06 Featured in:  
Vogue, Conde Naste Traveller, Elle  
Decoration, Kommersant, Bon Voyage,  
Architectural Digest, Aeroflot Style,  
Gentleman's Journal, Elle

## *Wellness*

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- 08 Yoga (vinyasa, yin, restorative), pilates,  
meditation, manifestation, nutritional  
consultation, sound healing, face yoga

## *Food*

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- 09 Farm to table, organic, REAL Italian food

## *Example Itinerary*

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- 11 Sample retreat day

## *Activities*

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- 12 Pasta Making, Truffle Hunting, Creative  
Workshops, Wine Tasting, Wellness

## *Rooms*

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- 13 Beautifully decorated double or shared  
rooms in the main villa.

## *Price*

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- 17 Cost of the retreat depends on your  
rooms and chosen add-ons

## *Travel Details*

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- 21 Guidelines on how to get to the retreat &  
book on

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# ITALY TUSCANY

Nestled in the rolling Tuscan hills and surrounded by 500 hectares of woodland, vineyards, olive groves and organic vegetable gardens, sits our beautiful, 19th-century neo-Renaissance home for the week.

Our *award winning* and *mindfully designed* home cultivates both nature and culture, allowing you to immerse yourself into thoughtful and laidback living.

The villa was originally built for an Italian aristocratic family, with converted historic agricultural buildings - former farmhouses, stables and hunting lodges surrounding the house.

Tuscany is best known for its dreamy landscapes; populated by golden vineyards that produce its rich red Chianti wines, its sumptuous food like truffles, pasta and olive oil, as well as its strong influence on high culture, with it being widely regarded as the birthplace of the Italian Renaissance and artistic legends like world-famous Leonardo da Vinci.



This autumnal retreat has been designed to allow you to deeply *re-tune* your inner rhythm from summer to winter. We will *align* ourselves with nature and shift into a path of *less resistance* and *quietness*. This is a retreat of *unwinding*, *grounding*, *steadiness* and *self-love*.



Average temperature in Tuscany in October ranges from 11°C - 22°C



Pisa and Florence airports

## The Villa

When not in downward dog, sitting quietly in meditation or hovering in the one-hundred, guests can spend their days exploring the woodlands, make fresh pasta in the huge kitchen and socialise over cocktails in the bars or simply relax poolside.

The villa is vast making alone time as accommodating as collective time.

We will practice yoga and pilates indoors in the designated studio, as well as outside in nature on the yoga deck.



## THE ROOMS

Every room has a touch of luxury with vaulted high-beamed ceilings, beautiful oak flooring, marble bathrooms with rainfall showers, bathtub and underfloor heating.

With unrivalled views across the Tuscan hills, you wake up to peaceful views every morning.


Your room is in the same building as our indoor yoga studio and a short stroll to the main pool, making easy living even easier.


 Free Wi-Fi

 Two Swimming Pool

 Rainfall Shower

 Nature View


 Organic bathroom essentials, produced in Tuscany

 Hair Dryer

 Bathrobe

 Vanity Set

 A-C

 Bath and swimming pool towels





# WELLNESS

This retreat is an autumnal passage to winter where we will shed our past and create space for the future.

You can dive into everything on the schedule: daily yoga, pilates and meditation, face yoga, journaling, fire circles, nutritional consultations, private sound healings and beauty treatment.

The key is to *listen* to your *energy*.

## BOO KARTAWICK



Boo is a trained yoga (Hatha, Power, Vinyasa, Restorative, Elemental Flow, Yin yoga) and Pilates teacher and sound healing practitioner. She has worked with clients including Adidas, BXR, South Kensington Club, ASOS, 180 Health Club and Bamford.

Boo is the founder of MMM (Manifestation, Movement, Meditation). She is currently studying advanced Pilates, in addition to Nutrition from the Royal Society of Public Health, & Elite Personal Training with mental health.

## KIKI FELIPE

Kiki is a trained Yoga teacher (Flow and Restore, Yin, Face Yoga, Restorative, Pregnancy and Hatha), and Nutritional and Wellness therapist/coach, Bach flower remedies practitioner. She is also a Le Cordon Bleu trained pastry chef.

Kiki has been working with persons (between the ages of 25 and 85) to help them achieve and maintain balance, wellness, and resilience for over 15 years. Kiki has worked with clients including triyoga, The Life Centre, Down to Earth, The Power Yoga Company, and WeWork.







# FOOD



## FOOD

Tuscan born Marco Baldeschi, takes the helm of the kitchen at dinnertime. Having previously worked at prestigious Paris restaurants Saturne and Le Mary Celeste, and Nobu in Ibiza, we are in for a real treat!

Marco's food celebrates the perfect simplicity of Tuscan cuisine, where great ingredients take centre stage, and gives traditional dishes a contemporary and creative flourish, all led by produce and provenance. Based on seasonal ingredients, our menu will feature fresh produce grown in the Villa's organic orto, overseen by Head Gardner Pierluigi.







# RETREAT ITINERARY

## *Sample*

08:00am *Meditation, lemon water & oil pulling*

08:15am *Morning Practice*

09:15am *Face Yoga*

09:30am *Breakfast & Journaling*

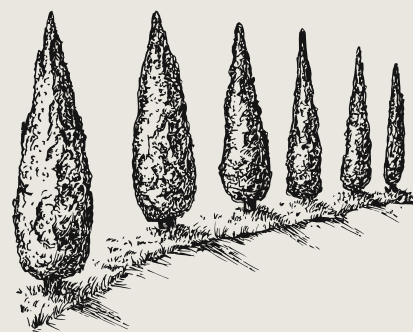
*Rest, read, walk...*

11:30am *Afternoon Practice*

1:00pm *Cultural excursions, restorative time, workshops, consultations, hiking, outings to Florence/Pisa/Lucca/Siena, beauty treatments, sound healing...*

6:00pm *Evening Practice*

7:30pm *Dinner & Meditations*



### Side note:

*There are a couple of options at the end of the day; if you felt more calm you can choose to practice yin or restorative yoga, whilst others go for pilates or power yoga.*





## ACTIVITIES

- Pasta Workshop
- Truffle Hunting
- Face Yoga
- Wine Tasting
- Meditation & Manifestation
- Sound Healing
- Fire Circle
- Journaling
- Trips to nearby cities
- Creative workshop
- Yoga
- Pilates





OUR  
ROOMS



# SUPERIOR





# LARGE SUPERIOR



# LARGE SUPERIOR



# PRICE

Bespoke to your holiday desires

## ● Superior

Room, Breakfast, Wellness, Dinner,  
Select activities

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Double Occupancy

*Twin Beds or King-sized Bed*

£2742\*

\*This price is for 2 people sharing the room/ bed

Single Occupancy

King-sized Bed

£1870

## ● Large Superior

Room, Breakfast, Wellness, Dinner,  
Select activities

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Double Occupancy

*Twin Beds or King-sized Bed*

£2949\*

\*This price is for 2 people sharing the room/ bed

Single Occupancy

*King-sized Bed*

£2060





## Add-ons ●

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- Truffle hunting + pasta workshop  
€190
- Creative workshops  
(1 already included in your price)
- Wine Tasting  
€50
- Guided Hike  
€10

## Not included ●

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- Flights & insurance
- Alcohol, soft drinks or lunch (with the exception of lunch included with activities)
- Airport Transfers
- Car rentals





## HOW TO PAY

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To confirm your place a non-refundable deposit of £425 is required.

\*We close bookings in AUGUST\*

### SUPERIOR ROOM:

Upfront option:

£2,742 per room (double occupancy)

£1,870 single occupancy

Payment plans: not including add-on options

Deposit - £425

July - £1159 double oc/ £723 single oc

August - £1158 double oc/ £722 single oc

### LARGE SUPERIOR ROOM:

Upfront option:

£2,949 per room (double occupancy)

£2,060 single occupancy

Payment plans: not including add-on options

Deposit - £425

July - £1262 double oc/ £818 single oc

August - £1262 double oc/ £817 single oc



# YOGA RETREAT

21st - 25th October 2023



## T&C

*full terms and conditions sent upon booking*

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Non-refundable deposit of £425 is required upfront to confirm your room and place on the retreat 50% of full payment is required by 1st July.

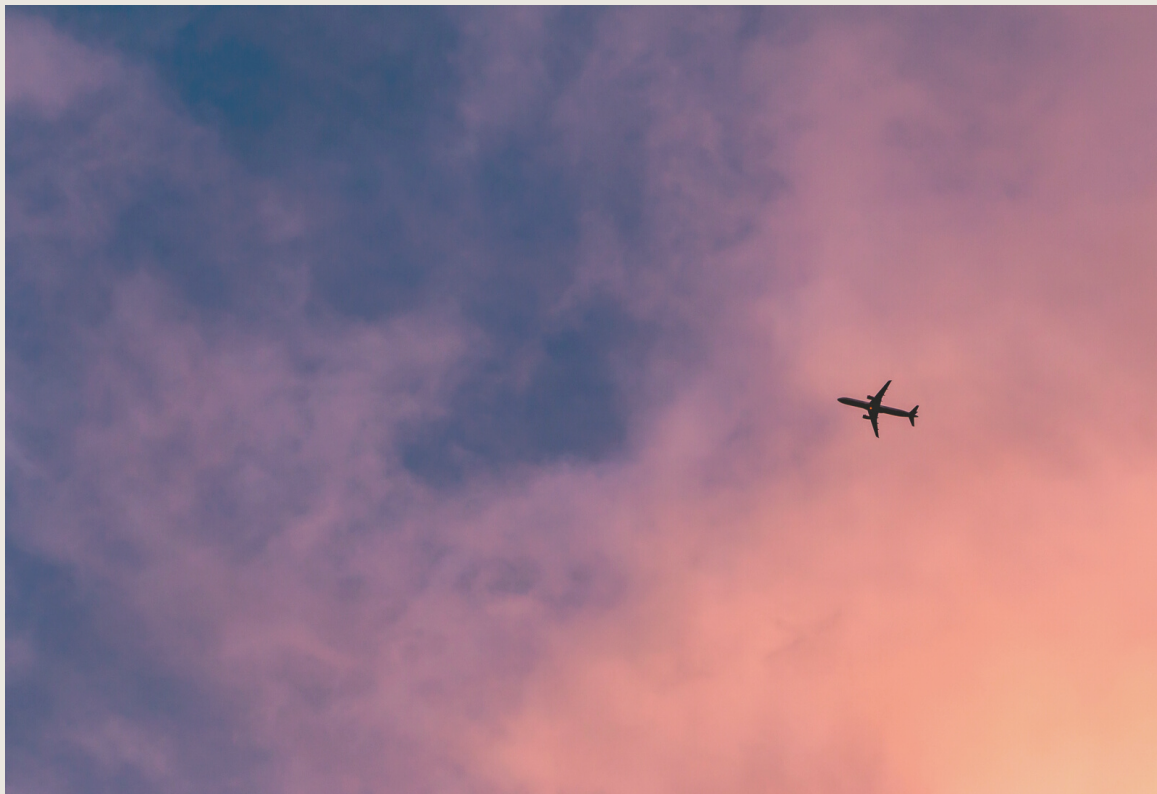
Full payment is required by the 21st August 2023.

Dropping out of the retreat after the 1st July will result in the loss of your 50% payment.

Dropouts after the 21st August will result in the loss of your full payment.

The above also applies to those who pay the full retreat price upfront. If you drop out before the 20th May, you will be refunded for everything you have paid except for your deposit.

We close bookings in August.



## GETTING TO THR RETREAT

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Pisa or Florence airport



approx 45 min  
from Pisa Galileo Galilei Airport  
28 miles

approx 65 min  
from Florence International Airport  
39 miles

approx 30 min  
from Pontedera train station  
17 miles

*Once booked on, you will receive further details*



FOR QUESTIONS, ASSISTANCE & TO BOOK ON

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Kiki: (+44) 07985420016



Please contact us, we will be thrilled to help you

