



Autumnal
Wellness Retreat
TUSCANY

2nd - 06th November 2024

Truffle Hunting | Pilates | Sound Healing | Yoga | Wine Tasting
Pasta Making | Breathwork | Face Yoga | Meditation | Daily Walks

Testimonials



“What a magical few days in a stunning Tuscan location. The whole experience was a great balance of physical exercise (Yoga/Pilates/Walks), Learning and Rest as well as discovering amazing organic food & hospitality. Highly recommend this opportunity to recharge before Winter approaches. Kiki & Boo are a fabulous combination, mixing up our yoga sessions and generously sharing their breadth of wellness expertise.”

Orla, Ireland



“The Yoga and Wellness Retreat by Kiki and Boo was an amazing holistic experience. I went home with new ideas, more energy, many new relationships with inspiring people and a more mindful approach to my everyday life.”

Babette, Denmark



“This is one of the high-standard yoga retreats we've been to. We had some excellent Yoga and Pilates sessions and also learned about face yoga. The food was fantastic, fresh and farm-to-table experience surrounded by a peaceful and beautiful environment. All activities made it much more than a simple yoga retreat! We are grateful for the amount of organising work done on it. It was simply wonderful!”

Elle, London

Tuscany, Italy

- 05 History and information on the magical surroundings

The Villa

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

Wellness

- 08 Yoga (yin/ restorative/ somatic), pilates, meditation, sound healing, face yoga, breathwork, shadow work, journaling

Food

- 09 Farm to table, organic, REAL Italian food, Indulgent & nutrition focused

Example Itinerary

- 11 2 sample retreat day

Activities

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

Rooms

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

Price

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

Travel Details

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

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 November ranges from 11°C - 22°C



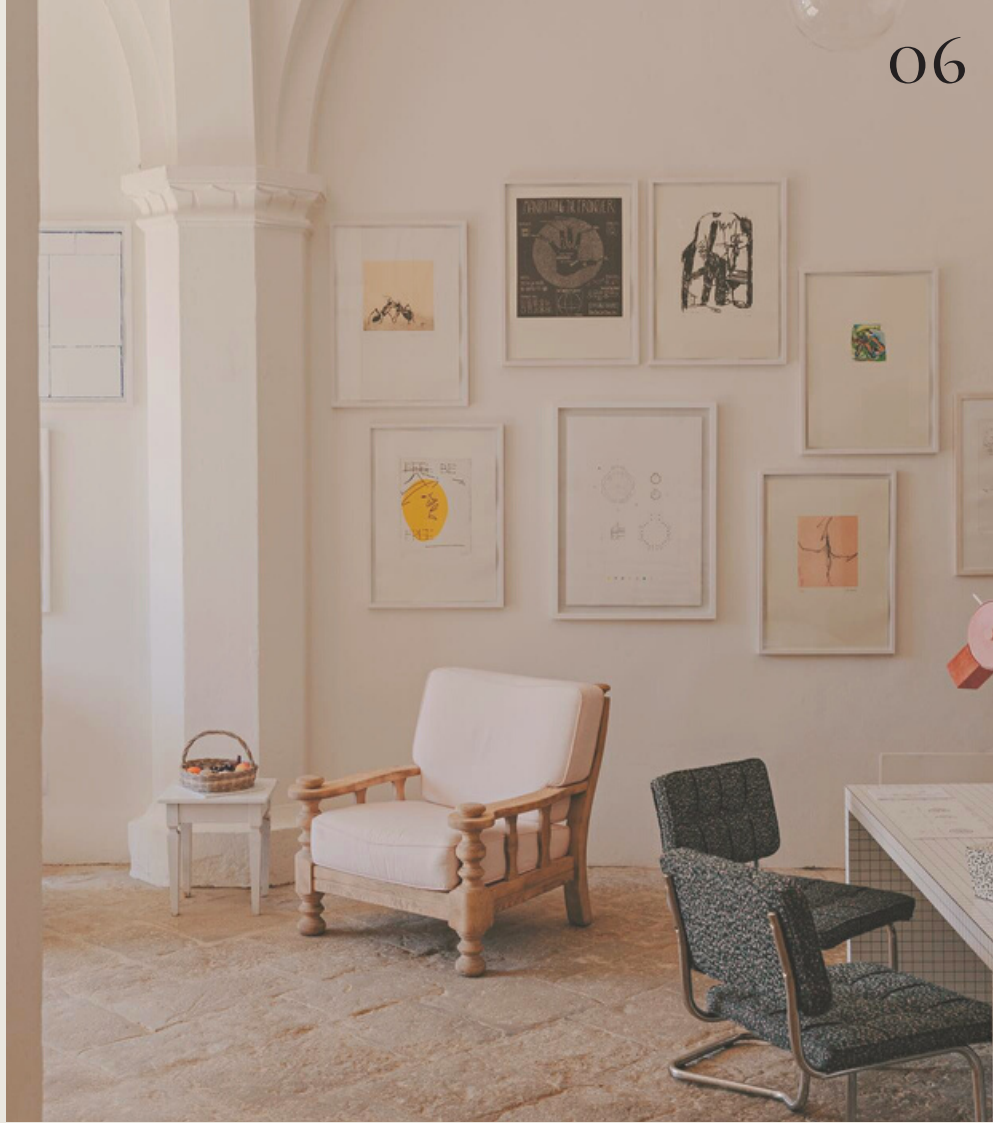
Pisa and Florence airports

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 Pools



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, nutritional consultations, private sound healings and beauty treatment.

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

BOO KARTAWICK



Boo is a Yoga Teacher trained in Hatha, Power, Vinyasa, Restorative, Elemental Flow & Yin Yoga, an Advanced Mat Pilates Teacher with Pre & Post-natal certification, a Sound Healing Practitioner, and a RSPH Nutrition Advisor. Boo has worked with clients including Adidas, South Kensington Club, ASOS and Soho House.

Boo runs a boutique corporate wellness company: *Wellness B Corporate*, and the new South-Kensington Studio: *Cat n Cow*.

KIKI FELIPE

Kiki is a Yoga Teacher trained in Flow and Restore, Yin, Face Yoga, Restorative, Pregnancy and Hatha, She's a Nutritional and Wellness therapist/coach, and Bach flower remedies practitioner. She is also a

Le Cordon Bleu-trained pastry chef!

Kiki has been working with clients (between the ages of 25 and 85) to help them achieve and maintain balance, wellness, and resilience for over 15 years.

Kiki works (in-person and online) with private clients (1-2-1 and groups) and at triyoga, The Life Centre, Down to Earth, and Cat n Cow.





FOOD



FOOD

Our retreat 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. The menus feature fresh, seasonal produce from the villa's own biodynamic garden, managed by Head Gardener Pierluigi. Featuring organic vegetables, truffles, olive oil & wine, you will enjoy authentic and delicious Italian cuisine (complete with lighter options available).





Itinerary

Sample

with add-on activities



- 08:15am *Energising Morning Movement Practice*
- 09:15 am *Breakfast*
- 10:00 am *e.i Truffle Hunting Excursion*
- 12:30 pm *Pasta Making Workshop (with lunch)*
- 4:00 pm *Wellness Workshop (Shadow work, Breathwork, Face Yoga)*
- 5:00 pm *Gentle Evening Movement or Meditative Practice*
- 7:00 pm *Dinner*
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CULTURE

ACTIVITIES

- Pasta Workshop
- Truffle Hunting
- Face Yoga
- Wine Tasting
- Meditation
- Breathwork
- Shadow work/ Journaling
- Sound Healing
- Creative workshops
- Yoga
- Pilates





OUR
ROOMS

SUPERIOR



LARGE SUPERIOR



LARGE SUPERIOR



PRICE

Bespoke to your holiday desires

● Superior Room

Room, Breakfast, Wellness, Dinner,
Select activities

Double Occupancy

Twin Beds or King-sized Bed

£2818*

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

Single Occupancy

King-sized Bed

£2115

● Large Superior

Room, Breakfast, Wellness, Dinner,
Select activities

Double Occupancy

Twin Beds or King-sized Bed

£3074*

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

Single Occupancy

King-sized Bed

£2741



Add-ons

- Truffle hunting + pasta workshop
€190
- Creative workshops
(1 already included in your price)
- Wine Tasting
€50
- Massage
€133
- Floral Workshop
€45
- Cocktail Making Worksop
€50

Not included

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





HOW TO PAY

To confirm your place a non-refundable deposit of £525.00 per person is required.

We close bookings in AUGUST

SUPERIOR ROOM:

Upfront option:

£2,818.00 per *room* - double occupancy

£2,155.00 - single occupancy

LARGE SUPERIOR ROOM:

Upfront option:

£3,074.00 per *room* - double occupancy

£2,741.00 - single occupancy



HOW TO PAY: SUGGESTED PAYMENT PLANS

*Notice that the payment plan changes according to the date you pay your non-refundable deposit.

SUPERIOR ROOM:

Payment plans: not including add-on options

Double/ Single

Deposit - £525

March - £383/ £265

April - £382/ £265

May - £382/ £265

June - £382/ £265

July - £382/ £265

August - £382/ £265

LARGE SUPERIOR ROOM:

Payment plans: not including add-on options

Double/ Single

Deposit - £525

March - £425/ £370

April - £425/ £370

May - £425/ £369

June - £425/ £369

July - £425/ £369

August - £425/£369

TUSCANY AUTUMNAL WELLNESS YOGA RETREAT

2nd - 06th November 2024



T&C

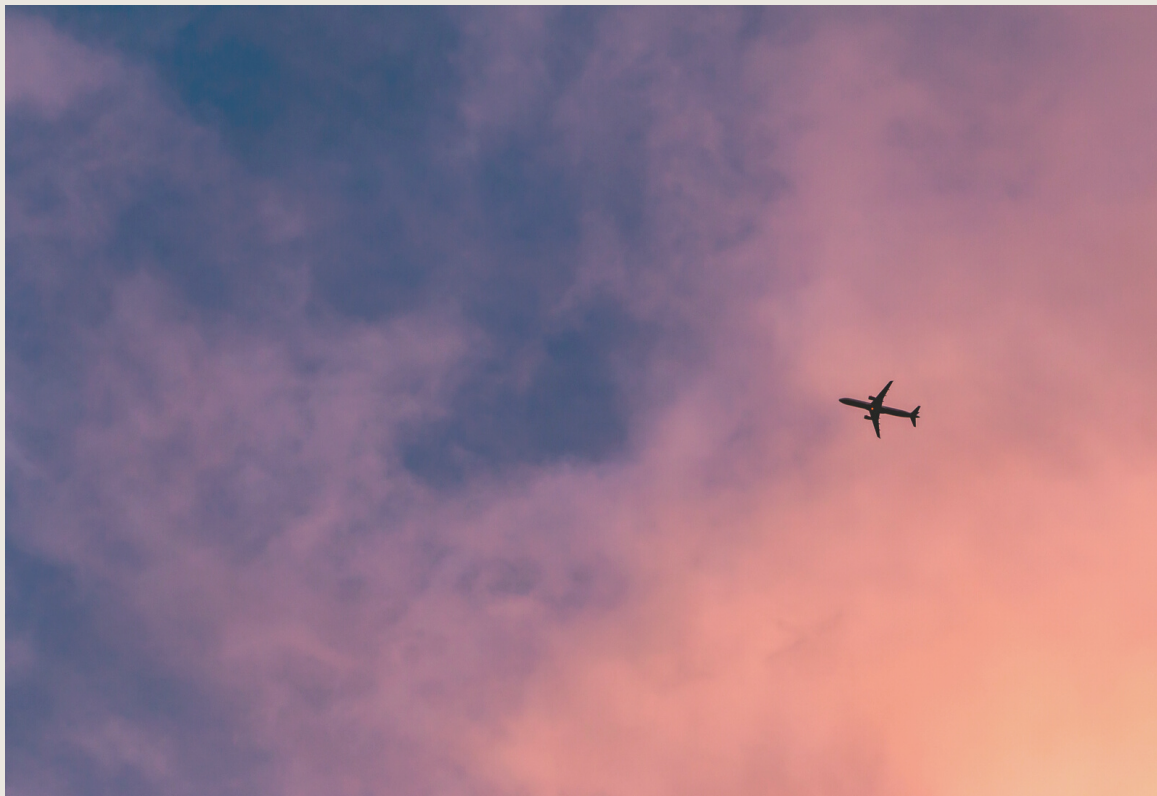
full terms and conditions sent upon booking

A non-refundable deposit of £525.00 per person is required upfront to confirm your room and place on the retreat. 50% of the full payment is required by the 31st of JULY 2024. Full payment is required by the 16th of September 2024.

Dropping out of the retreat after the 1st of August 2024 will result in the loss of your 50% payment. Dropouts after the 16th of September 2024 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 of May, you will be refunded for everything you have paid except for your deposit.

We close bookings in September.



GETTING TO THE RETREAT VILLA



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



yogawithboo@gmail.com
kikifelippe@gmail.com



Boo: (+44) 07413872807
Kiki: (+44) 07985420016



Please contact us, we will be thrilled to help you

