



## TUSCAN VILLA YOGA RETREAT

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August 24th-31st 2019

ALL INCLUSIVE! 7 days of YOGA, ART AND WELLNESS  
in the heart of the Tuscan country side.



### THE VENUE:

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#### Villa Controni

Villa Controni, nestled below Monte Pisano on the southern outskirts of Lucca, is a historic 19th century Lucchese villa set on a stunning estate of hill terraced olive groves, elegant Italian gardens and pine forest hilltops with castle ruins. Panoramic views reach out across Lucca and Nottolini's aqueduct and a pretty walled garden provides a peaceful and relaxing setting for the swimming pool and summerhouse. In keeping with the villa's gentle and enchanting atmosphere, the unique interiors are elegantly furnished with style and charm and offer 11 frescoed guestrooms all with ensuite facilities.



## THE PHILOSOPHY:

### a 360 degree fullimmersion

This all inclusive retreat gives you the possibility to detox, have time for yourself, destress, replace old habits, eat healthy foods and make new friends. All of this in the wonderful surroundings which Tuscany has to offer. You will have the possibility to deepen your meditation skills, focus on your personal yoga practice, hiking through the Tuscan hills and explore the scenic landscape by bicycle. Together, we will discover the beauty of Tuscany, from the beautiful nature, the unique art, to the world wide famous biological food and wine.

Celine (our yoga teacher) will take care of you during this week and will lead you to brand new levels of wellness.

We have a private chef with us on site who will take care of your culinary well-being. You will also have the possibility to attend lectures and have a personal consultation from our nutritionist to set your path for a blooming health from the inside out





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## THE PROGRAM

Arrival is on Saturday. We will have a small get-together followed by a gentle first yoga practice. Sunday to Saturday.

The retreat comes to an end on Saturday with a farewell brunch.

### DETAILS OF THE WEEK

- ◆ 3 sunrise meditations in Villa with Celine your personal yogateacher
- ◆ 6 energizing vinyasa yoga flows in the morning in Villa's garden with Celine Daily
- ◆ breakfast buffet prepared by our Chef
- ◆ Daily light lunch or snack prepared by our Chef
- ◆ 5 restorative yin yoga sessions in the afternoon with Celine 2 Bike
- ◆ excursions
- ◆ 1 Wine tour and tasting in "Fattoria Montechiar" (famous for biological high quality wine)
- ◆ 4. guided field trips to explore the beauty of the Tuscany (Parole D'oro, Lucca, Montecarlo, Florence, Passo di Dante and more)
- ◆ 5. Dinners with private chef/nutritionist
- ◆ 2 Dinners in restaurant (1 in Lucca with a Michelin star chef and 1 in Florence)
- ◆ 1 cooking class in villa with Chef and Nutritionist Relax
- ◆ and massage day
- ◆





### PACKAGE INCLUDES

- ◆ King size bedroom with en suite bathroom All
- ◆ meals as scheduled
- ◆ All activities as scheduled All
- ◆ tours as scheduled

### PACKAGE DOES NOT INCLUDE

- ◆ Flight
- ◆ Airport pick-up
- ◆ Alcoholic beverages
- ◆

### PRICES AND CONDITIONS

- ◆ DATES: August 24th -31st 2019
- ◆ PRICES: 5500€ for a double bedroom / 3500€ for a single bedroom
- ◆ DEPOSIT: A non-refundable deposit of 30% should be submitted with booking form at time of reservation to guarantee booking. Bookings will not be accepted without a completed and signed booking form.
- ◆ BALANCE: Due 8 weeks prior to arrival (non-refundable)
- ◆ RENTAL: Saturday to Saturday (unless under separate negotiation). Arrival after 4pm. Departure prior to 11am
- ◆ CANCELLATION: Bookings cancelled 8 weeks or more prior to arrival are subject to a 30% cancellation charge. Bookings cancelled 8 weeks or less prior to arrival (ie at the time final balance of payment is due) are subject to a 100% cancellation charge
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## FEATURE AND AMENITIES

- ◆ 11 individually styled double bedrooms with en-suit bathrooms
- ◆ Fully-equipped Tuscan style kitchen
- ◆ Grand banquet hall
- ◆ Indoor and outdoor dining area
- ◆ Satellite television
- ◆ DVD player
- ◆ DVD and video library
- ◆ Centralized music system
- ◆ Wine cellar and wine tasting room
- ◆ Study area
- ◆ Wi-Fi 7MB
- ◆ Fitness room
- ◆ Safe in each room
- ◆ Fireplace
- ◆ Billiard room
- ◆ Air conditioned / heated bedrooms

## OUTDOOR FEATURES

- ◆ Floodlit pool (18m x 8m x 1,8m)
- ◆ Loggia with alfresco dining
- ◆ Barbecue
- ◆ Italian garden with water features
- ◆ Private chapel
- ◆ Private parking

