



September 25th / October 2nd 2021  
&  
May 14th / May 21st 2022

## Tuscany Yoga Retreat

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



# Villa Controni

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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.





# Philosophy

## A 360 DEGREE FULLIMMERSSION

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 Engeler, 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





# Program

Arrival is on Saturday. We will have a small get-together followed by a gentle first yoga practice. 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 yoga teacher  
**6 energizing vinyasa yoga** flows in the morning in Villa's garden Daily

breakfast buffet prepared by our Chef

Daily light lunch or snack prepared by our Chef **5**

**restorative yin yoga** sessions in the afternoon **2**

**Bike excursions**

**1Wine tour and tasting in "Fattoria Montechiari"**

(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)

**1Dinners** with private chef/nutritionist

**2 Dinners in restaurant** (1 in Lucca with a Michelin star chef and 1in Florence)

**1cooking class** in villa with Chef





# About Céline

Céline was born and raised in Switzerland. After living and working for almost 30 years in Switzerland she decided to continue her journey up north and moved to Oslo, Norway where she currently lives.

Her yoga journey started shortly after her first yoga classes in Switzerland. She started to feel that yoga is not only an exercise of the different asanas, but goes way beyond that. The silence of the mind, the sense of being grounded while at the same time, flowing. The healing power of each movement leads one through everything. Focus and breath.

Céline has completed her first vinyasa teacher training with Laughing Lotus in New York. She also completed a more alignment based teacher training with Adam Hussler from London. In May, 2019 Céline completed her Ayurvedic Yoga Therapy Certification from the University of Ayurveda in California where she was able to deepen her understanding of the connection between Ayurveda and Yoga.

Céline is also a certified holistic ayurvedic nutritionist.

Céline co-owned and ran a yoga studio in the heart of Oslo for the last 2 years. After 2 wonderful years she felt the need to direct her focus more on her combined Ayurveda and Yoga path.

You can expect powerful, challenging and playful classes with her.



# Package

## PACKAGE INCLUDES:

King size bedroom with en suite, bathroom, all meals, all activities, all tours

## PACKAGE DOESN'T INCLUDE:

Flight, Airport pick-up, Alcoholic beverages





# Price and Conditions

**DATES:** September 25th — October 2nd 2021 & May 14th/May 21st 2022

**PRICES:** 2750€ double bedroom stay /3500€ for a single bedroom stay

**DEPOSIT:** A non-refundable deposit of 40% 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





# Features and Amenities

Fully-equipped Tuscan style kitchen -Grand banquet hall  
Indoor and outdoor dining -Satellite television  
DVD player -DVD and video library  
Centralized music system -11 Individually Styled  
Bedrooms

Wine cellar and wine tasting room  
Study area -Wi-Fi 7MB  
Fitness room -Safe in each room -Fireplace &  
Billiard Air conditioned /heated bedrooms







# Outdoor

Floodlit pool -Loggia with alfresco dining -  
Barbecue Italian garden with water features  
Private chapel -Private parking

