

UPCOMING EVENT

WINTER RESET RETREAT

4 night/5 day FULLY INCLUSIVE retreat

Thursday 8th December – Monday 12th December 2022

ALL-INCLUSIVE PROGRAMME

Thurs 8th December - Day 1

Transfers & arrival, introduction to accommodation, site map & free time
Welcome aperitivo & Mediterranean plant-forward dinner

Friday 9th December - Day 2

Morning yoga & meditation, wild/cold water swimming and power breakfast
Afternoon guided hike with picnic/BBQ lunch
Evening transformative yoga
South Indian vegan banquet

Sat 10th - Day 3

Morning Iyengar yoga & meditation
Wild/cold water swimming and riverside breakfast
Free time / Guided walking / Lunch
Biodynamic breathwork session
Restorative Iyengar yoga
Traditional Ligurian dinner at local Osteria

Sun 11th - Day 4

Morning Iyengar yoga & meditation and wild cold water swimming
A la carte Sunday brunch
Free time / picnic lunch on request
Afternoon biodynamic breathwork session
Restorative evening yoga
South East Asian vegan banquet

Mon 12th - Day 5

Self-practice meditation & yoga / breakfast / transfers on request