

Yoga and Detox Retreat

Maremma, Tuscany

April 4th - 7th



Already looking forward to brighter and warmer days?? Take a break from the cold and dark days to plan your next wellness experience. Kickstart the spring season, let go of tension accumulated from winter and get the energy flowing..

La Pescaia Resort

A typical Tuscan style villa located in beautiful Maremma, Tuscany, with idyllic olive tree hills and peaceful energy around. A true jewel in Italy with a magnificent stable and lots of horses. Perfect retreat for horse lovers! La Pescaia is a family owned resort and has all different kinds of rooms, all decorated in beautiful and typical Tuscan style. Enjoy your free time at the pool, horseback riding, hiking on the Tuscan hills or walking at the nearby sea. This place is really magical and is the perfect destination for a glowing yoga and detox retreat.

Louise von Gelsing



Swedish born Louise who now lives in Milan started practising yoga when she was 18 years old. In 2016 she took her teaching certificate with Erin Prichard from London (200-RYT). She also has teaching certificate in Pranayama, meditation and Yin yoga. It inspires her the way yoga affects people and therefore very pleased to be able to share her knowledge with others and to be able to make positive improvements in people's lives. Her goal for this retreat is for you to be able to take something with you home. To deepen your practice even further.

Yoga Sessions

There will be two sessions of yoga a day. A powerful *Vinyasa* practice to heat up the body from the inside. You will be flowing around on your mat with the rhythm of your breath to release tension and to calm your mind. In the evening there will be a *Yin* practise. A slower practice that releases deeper tension and has a more relaxing effect on both body and mind.

Every day there will be space for asana workshops for you to deepen your practice and get a better understanding of some asanas. Together with each yoga practice there will be included pranayama and meditation. The yoga practices are open for all levels. All yoga practice will be held in english.



Valentina Dolci



Her passion is to coach people to achieve a greater peace physically and mentally. She has extensive knowledge of holistic nutrition, health coaching and preventative health. She collaborates with Dr. Paolo Toniolo, research Professor, to teach mindful eating and optimal nutrition. She works personally with her clients to help them make lifestyle changes that produce lasting results, through educating her clients to properly nourish their body. As a result they will experience strength, vibrant health, clarity and happiness.

www.valentinadolci.com

Food Program

During the weekend the food which will be cooked for you is combined and prepared to activate the purification process, to strengthen the immune system, enrich the gut flora, lower inflammation, cleanse and increase energy in your body. The ingredients that are chosen will offer a larger variety of flavours, colours, antioxidants and nutrients to mineralise the body. Ingredients will be organic or freshly picked from the garden. Simple carbohydrates and sugars, gluten and dairy products will be cut off at this time. Valentina will teach the principles of healthy nutrition, explain and provide guests with recipes, tips and ideas.

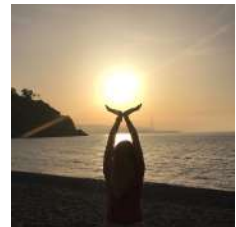


Schedule

We kindly ask all our guests to arrive before 17.00 as we will start with a welcome yoga session at 17.30

This is a typical daily schedule.
Please be aware that there might be some changes from day to day.

8.00 Fresh lemon water
and a small snack for those who want
8.15-9.30 Yoga (powerful vinyasa)
9.30 Mindful eating practice (first day only)
10.00 Breakfast
11.00 optional asana workshop
13.30 Lunch
14.30-17.30 Free activity
17.30-19.00 Yoga/pranayama/meditation
20.00 Dinner



How to arrive

If you are coming from abroad fly to either Rome or Florence and from there get on a train (to Grosseto) or rent a car.

Driving

Milan 3 hours and 30 minutes

Florence 1 hour and 50 minutes

Rome 2 hours

Activities nearby

La Pescaia is located in a beautiful area in the heart of Tuscany with many things to see and do. These are some of our recommendations but feel free to explore the surroundings by yourself or just relax at the swimming pool area.

Horseback riding. On the property or a guided tour on the Tuscan hills..

Kitesurfing. The maremma coast has everything you need for a good kitesurf. Around 40 min drive.. 30 minutes drive.

Montalcino. medieval village with a beautiful castle in the middle. 50 minutes drive

Terme di saturnia. A spa hotel with natural thermal water. Enjoy a couple of hours in the natural heated outdoor swimming pool or a nice massage. 20 minutes drive.

Rates



All the rooms are equipped with a private bathroom, air conditioner, TV, WiFi .

- Sharing a standard room (double or twin beds) € 480,00 per person
- Standard room, single use € 570,00

Feel free to contact us for any other options like suite, triple room etc.

If you're travelling on your own and wish to share the room we'll be happy to pair you with one of the other participants if possible.

What's included

- Three nights accommodation at la Pescaia resort
- All taxes.
- Full board with 100% plant based meals
- Two daily yoga sessions with pranayama and meditation
- One daily workshop
- Recipes to bring home with explanations by Valentina



What's not included

- Flights and travel expenses
- Airport transfers
- Additional activities



To book

To confirm your participation we ask for a 50% deposit. The deposit is nonrefundable. *For more info or to confirm your participation please contact us glowdetoxretreats@gmail.com*

*Looking forward seeing you very soon in Tuscany
Louise and Valentina together with la Pescaia*