

Le Carrube

Puglia

13 - 16 June



Taking care of ourselves becomes more and more important in our hectic lives. Give yourself a gift that you will appreciate for a long time by taking some time off to nourish yourself from the inside out. Healthy eating and a lot of yoga will not only help you to relax but you will feel more energized and recharged when you leave.

Masseria Le Carrube

A luxury masseria surrounded by olive trees and beautiful vegetation. Located close to the very charming city Ostuni. On your spare time between yoga and meals you may enjoy the beach, explore the rest of Apulia by foot, bike or car or just relax by one of the two swimming pools at the property. Prepare yourself for a warm and sunny weekend, so don't forget your bathing suit.. Masseria le Carrube is a family owned hotel where all the rooms are beautifully decorated and where a lot of effort has been put into the smallest details. The yoga sessions will be held in one of the many outdoor areas with views over the olive tree jungle, sunset and sunrise. Le Carrube is the sister hotel to the very popular hotel Borgo Egnazia which is only 20 min away. Here you can find the beautiful and award winning spa to spoil yourself even more. For those who desire there are also professional masseuse therapists who can come to the masseria upon request.

Ready Steady Glow

Louise von Belsing



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



Italian born Valentina is a Health Coach with certificate from the Institute for Integrative Nutrition in New York City. Her passion is to coach people to achieve a greater peace physically and mentally. She collaborates with Dr. Paolo Toniolo, research Professor, to teach mindful eating, optimal nutrition and how our needs have evolved including nutrition for different diseases. Drawing on these skills, experiences and achievements 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.

Food Program

Valentina will prepare the food 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 out at this times. Valentina will teach the principles of healthy nutrition, explain and provide guests with recipes, tips and ideas. She is very excited to cook together with Chef *Massimo Santoro*, vegetarian Chef of the Carrube's restaurant. He's extremely passionate about healthy eating, sustainable agriculture, best gourmet and he's an expert of Puglia original products!



Schedule

Thursday

Kindly try to arrive before 17.00

17.30-19.00 Welcoming yoga session
(restorative/pranayama/meditation)

20.00 Dinner

Friday

8.00 Fresh wake up drink

8.15-9.30 Yoga (powerful vinyasa)

9.30 Mindful eating practice

10.00 Breakfast

11.00 Optional sun salutation workshop

11.00-13.30 Free activity

13.30 Lunch

14.00-18.00 Free activity

18.00-19.30 Yin Yoga/pranayama/meditation

20.00 Dinner

Saturday

8.00 Fresh wake up drink

8.15-9.45 Yoga (powerful vinyasa)

10.00 Breakfast

10.30-12.30 Free activity

12.30 Asana workshop

13.30 Lunch

14.00-17.30 Free activity

18.00-19.30 Yin Yoga/Pranayama/Meditation

20.00 Dinner

Sunday

8.00 Wake up drink

8.15-9.45 Yoga (powerful vinyasa)

10.00 Breakfast

11.00-13.30 Free activity.

13.30 Lunch.

Departure



*Please be aware
that there may be some
changes in the schedule*

Activities nearby

Ostuni- also called “The White City”. It is definitely worth to give this beautiful historical town a visit. Discover it by foot or take a guided tour in one of the towns ape car.

Alberobello- Feels like you stepping into a smurf village. It’s a magical little village made of small trulli houses. It’s not a wonder that it’s on the list of UNESCO’s world heritage sites.

Kitesurf. Visit the nearby beach for a kitesurf lesson.

Beach- visit Borgo Egnazia’s beach club Cala Masciola 30 min away or choose a closer beach just 10 minutes away.

Horse riding- discover Puglia from the horse back. A guided tour for all different levels.



How to arrive

Fly to the international airport of Brindisi and from there it’s only a 40 minute drive to le Carrube.

You can also fly to the international airport of Bari (this airport has more international flights but a bit further away). The drive from Bari is about one hour.

Rent a car from the airport or we are happy to arrange a driver to pick you up.

Prices

Masseria le Carrube offers all different kinds of rooms. Please contact us for any special request about suites or other options.

Share a double bedroom €680 per person

Double bedroom single use €980

What's included

- Three nights accommodation at la Masseria Le Carrube.
- All taxes.
- Full board with vegan meals, gluten/sugar free
- Two daily yoga sessions with pranayama and meditation
- Daily asana 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 deposit. The deposit is nonrefundable.

For more info or to confirm your participation please contact us

glowdetoxretreats@gmail.com



*Looking forward to seeing you very soon in Puglia
Louise and Valentina*