

Glow Autumn Retreat

Masseria le Carrube, Puglia

26 - 29 September

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.



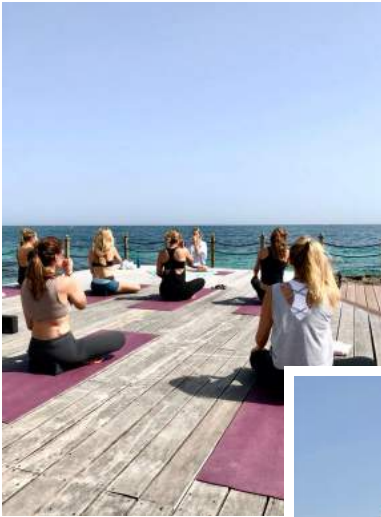
Masseria Le Carrube

A beautiful boutique Masseria surrounded by olive trees, decorated in a very charming way will be our home for this retreat. It's the third time we come back here and everytime we fall more and more in love with the place. As soon as you arrive you get the feeling of total relaxation. The Masseria has a beautiful pool where you can relax between meals and yoga. It is part of the Borgo Egnazia hotel group so we are lucky to be able to use their facilities like different beach clubs, golf court, award winning spa and much more.

Ready Steady Glow

Louise von Belsing and yoga

Swedish born Louise who now lives in Milan will guide you on the mat. There will be two practices a day. Louise loves to create fun and challenging vinyasa practices for the morning and slow peaced rejuvenating yin practices in the evening. She will guide you through a journey of mental and physical detox where you will sweat, breath, restore and let go of whatever doesn't serve you anymore. There will also be space for a workshop everyday. Her aim is for you to take something with you back home. To deepen your practice even further. All yoga practice will be held in english and are open for all different levels.



Valentina Dolci and the food

Valentina Dolci 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. Over the retreat she will prepare 100% plant based food in order to activate the purification process, strengthen the immune system, lower inflammation, cleanse and increase energy in your body. Ingredients will be freshly picked from the garden and will offer a variety of flavours, colours, antioxidants and nutrients. During the weekend Valentina will teach the principles of healthy nutrition and share some tips and ideas.



Schedule

Thursday

Kindly try to arrive before 17.00

17.30-19.00 Welcoming yoga session

20.00 Dinner

Friday

8.00 Fresh wake up drink

8.15-9.30 Yoga (powerful vinyasa)

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

20.00 Dinner

Saturday

8.00 Fresh wake up drink

8.15-9.45 Yoga (powerful vinyasa)

9.30 Mindful eating practice

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

20.00 Dinner

Sunday

8.00 Wake up drink

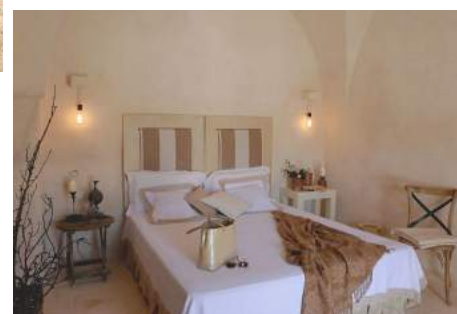
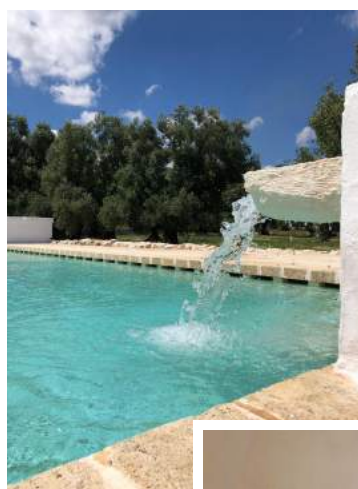
8.15-9.45 Yoga (powerful vinyasa)

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 cars.

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. Some rooms are for up to 4 people.

Share a double bedroom €680 per person
Double bedroom single use €980

EARLYBIRDS 10% DISCOUNT by 20th august



What's included

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



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*