



SUMMER YOGA & DETOX RETREAT

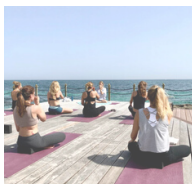
11-14TH JUNE

MASSERIA LE CARRUBE,
PUGLIA

Join us for a summer yoga and detox retreat in Puglia in our beloved masseria.

We are very happy to offer a special edition in collaboration with a professional body energy healer for an ever deeper experience.

Right before the summer solstice you will enjoy the longest and brightest days of the year. From sunrise to sunset, you will experience yoga, meditation, mindful detox eating and profound healing session in the beautiful light and nature of Puglia.



You will experience a deep and long lasting detox of both mind and body. We put high value on details and our goal is to pamper you as much as we can during these days to support you to find clarity in your mind, lightness in your body and peace within.

Swedish born Louise von Celsing will guide you on the mat for two daily yoga sessions. She loves to create fun, vigorous and at the same time relaxing sessions where you will get deeper contact with yourself. There will be a vinyasa practice in the morning to heat up the body and a cooling yin practice in the evening. The practices are open for all participants and all the yoga sessions will be held in English.



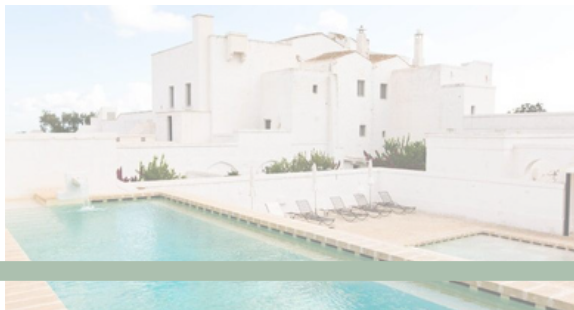
Health coach Valentina Dolci will serve three plant based meals a day. All meals are portion served and contains only high nutritional ingredients.

Valentinas recipes are all gluten and sugar free and most important anti inflammatory. She will give information about the ingredients she uses and she will explain the importance of eating in a mindful way.



Andrea Gyanrahi Samoré works and lives in Milan as a holistic energy healer. He has extensive experience in techniques like feng shui, shamanic healing, transcendental meditation together with different types of body treatments. He will join us for this retreat to guide you in different group activities and will also be available for private sessions during free time.



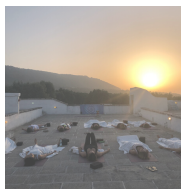


Masseria Le Carrube

It's our fourth time at our beloved Masseria Le Carrube, located next to the very charming village Ostuni and only 20 minutes from the sea. What we love most about this place is the great combination of wild nature, sea, and the calmness and silence of the land surrounding. In your spare time between yoga and meals you may enjoy the beach, explore the rest of Puglia by foot, bike or car or just relax by the pool. Le Carrube 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 and award winning spa.

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The nearest airports are
Brindisi (40 min) and Bari (50min)



DAILY SCHEDULE

The retreat starts with a welcome drink on Thursday 11th at 17.30 and finish on Sunday after breakfast

07.00 Optional early morning spiritual hike with Andrea

08.00 Ginger lemon water to start the detox process

08.15-09.45 Vinyasa practice

10.00 Breakfast

12.00 Optional workshop (anything from asana to philosophy depending on guests requests)

13.30 Lunch

14.00-18.30 Free time

18.30-19.45 Yin yoga

20.00 Dinner

21.00 Evening meditation

Be aware that there may be some changes in the program.

Masseria Le Carrube offers all different kinds of accommodations. All rooms are equipped with private bathrooms, AC, minibar and daily cleaning service.

If you are interested in a suite or a multiple shared room please contact us.

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Standard double room, shared

EUR 820

Standard double room, single use

EUR 1090

Prices are per person

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To find out more about who we are and see our previous retreats visit our website www.glow-retreats.com and Instagram @glow-retreats

For any questions or to reserve your spot please contact glowdetoxretreats@gmail.com

We are looking forward to seeing you in Puglia in June

Love

Louise and Valentina