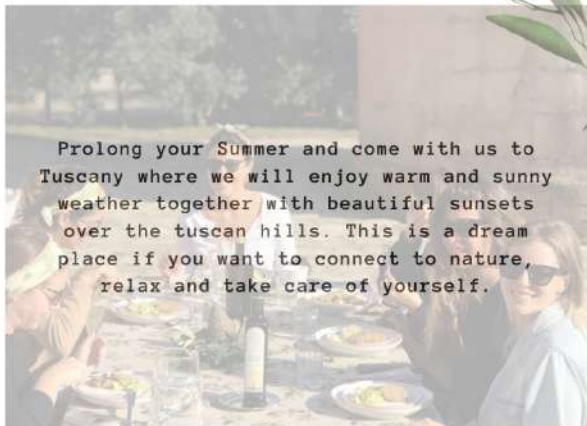


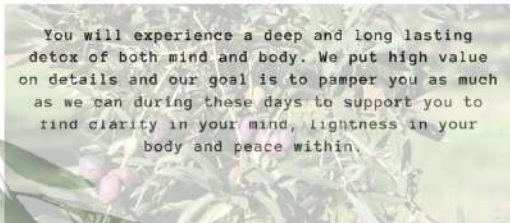


Tuscan  
Yoga and Detox retreat  
10-13th september

La Pescaia Resort  
Maremma, Tuscany



Prolong your Summer and come with us to Tuscany where we will enjoy warm and sunny weather together with beautiful sunsets over the tuscan hills. This is a dream place if you want to connect to nature, relax and take care of yourself.



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.

## LA PESCAIA RESORT

This family owned boutique hotel is a true paradise place. A proper gem in the middle of the beautiful hills of Grosseto, Tuscany. This place is also the home for a dussins of horses. There will be guided horse trips for whoever wants to enjoy the Tuscan hills from the horse back.



La Pescaia is located 2 hour from Rome.  
Closest airports are Pisa, Florence and Rome  
Fiumicino and closest train station is  
Grosseto.

DAILY SCHEDULE

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

- 08.00 ginger lemon water to start the detox process  
08.15-09.45 vinyasa practice  
10.00 breakfast  
12.00 workshop (anything from asana to philosophy depending  
on guests requests)  
13.30 lunch  
14.00-18.30 free activity (horseback riding, relax by the  
pool, take a hike or spoil yourself with a massage)  
18.30-19.45 Yin yoga  
20.30 Dinner

La pescaia offers all different kinds of accommodations. The  
rooms are equipped with private bathrooms and daily cleaning  
service included.

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

/////////  
Standard double room, shared  
EUR 640  
Standard double room, single use  
EUR 790  
Prices are per person  
/////////

To find out more about who we are and see our previous  
retreats visit our website [www.glow-retreats.com](http://www.glow-retreats.com) and  
Instagram @glow-retreats

For any questions or to reserve your spot please contact  
[glowdetoxretreats@gmail.com](mailto:glowdetoxretreats@gmail.com)

We are looking forward to seeing you in Tuscany in  
September

Love  
Louise and Valentina

