

A large, stylized watercolor flower graphic is centered on the page. It has seven overlapping petals in various colors: yellow, light blue, dark blue, purple, pink, orange, and red. The petals have a soft, painterly texture.

**A JOURNEY
THROUGH THE CHAKRAS
RETREAT**

12-15th may

2022

MASSERIA LE CARRUBE, PUGLIA



Within us and in every living being there is vital energy called Prana. Wherever there are multiple prana channels crossing, there is a chakra.

Join us for this three day retreat on a journey to heal, strengthen and balance our chakra system. We will focus on our seven main chakras to learn their qualities and a better understanding of how they work. Through yoga, meditation, mantras, colorful foods and some other fun surprises we will balance and become more aware of our energy system.



Together with the journey through the chakra system 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. We aim to support you to find clarity in your mind, lightness in your body and peace within.



Yoga teacher Louise von Celsing

Swedish born Louise 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. Each day Louise will offer a workshop, anything from asana to philosophy. The practices are open for all levels and the yoga sessions will be held in English.

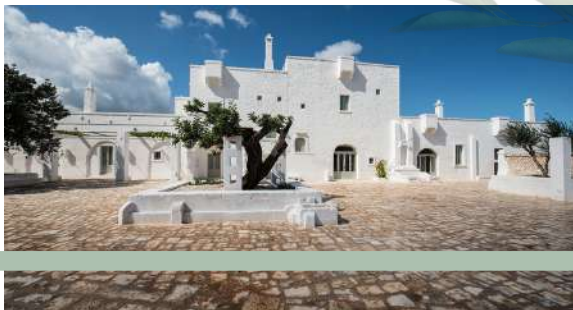


Health coach Valentina Dolci



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



Masseria Le Carrube

It's our seventh 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.



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



DAILY SCHEDULE

The retreat starts with a welcome drink on
Thursday at 17.00 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 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

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

PRICES

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.

Standard double room, shared

EUR 870

Standard double room, single use

EUR 1140

Prices are per person

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 seeing you in Puglia in May.

Love

Louise and Valentina

