



Earth day retreat

Yoga and Detox retreat

22-25th April 2022

Tuscany

Earth day

On the occasion of Earth Day on April 22nd, we will take the opportunity to dedicate this 3 day retreat to Mother Nature. We will celebrate and cherish our beautiful planet in many different ways immersed in a beautiful nature reserve in Tuscany, overlooking the green hills and the blue sea. Together with the nature experience we will also take the chance to give our mind and body a deep detox as spring is the perfect time of the year for a cleanse. Many of us live in cities and we are often caught up in our daily stressful lives therefore spending time in nature and detoxing the body from within will have a big impact on our overall health. Come and join us for this retreat to fully recharge your energy, body and spirit!



During our Glow Retreats you will also 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.



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. The practices are open for all participants and all 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. She uses mostly seasonal and local foods in her menu. 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.





Le Cannelle

This stunning private property is located in the northern part of Maremma, Tuscany, at 300 mt over sea level and immersed in a protector natural reserve. Tranquillity, the stunning view on the wild Tuscan hills and the sea make it the perfect destination to disconnect from our city life and to really connect to Mother Nature. This family owned compound is surrounded by a 5 hectares garden. A cosy beautiful living room with fire place will be the perfect spot for reading a book and a large solarium with a pool will be the favourite relaxing place in case of sunny good weather. Nature walks, massages and other relaxing activities will accompany our wellness experience.

Milan 3 hours

Rome 3 hours

Pisa airport 50 min



DAILY SCHEDULE

The retreat starts with a welcome drink on
Friday at 17.00 and finish on Monday 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

All rooms are equipped with private bathrooms and daily cleaning service.

Le cannelle offers rooms in different sizes and comfort.

Please let us know your preference.

Prices starts from:

Standard double room, shared

EUR 750

Standard double room, single use

EUR 1030

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

Hope to see you in Tuscany in April for this special nature, detox immersion.

Love

Louise and Valentina

