



AUTUMN SELF LOVE YOGA & DETOX RETREAT



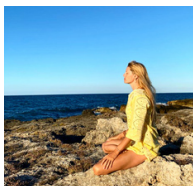
**20-23th October
2022**

MASSERIA LE CARRUBE, PUGLIA



Join us for our autumn retreat where we will detox our bodies from the inside out and explore the concept of self love in many different ways.

As the days in autumn get shorter and colder with each day it's the best moment to slow down, get in contact with our body and dedicate some extra time for self-love. We will be staying at our beloved Masseria le Carrube that we have been coming back to for many years now. Our special designed food and yoga program with two yoga sessions and three portion served plant based meals a day will make you a more glowing person. It's an honour to share our passion and knowledge about healthy living with you and our aim is to give you all the tools you need to continue the detox once home.



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.



Yoga teacher Louise von Celsing

Swedish born Louise will guide you on the mat for two daily yoga sessions and one workshop. She loves to create fun, vigorous and at the same time relaxing sessions where you will get deeper contact with yourself and for this retreat she will be dedicating a lot of time to some self love practice. 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. 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. Through the practice of self love we start to understand the importance of eating healthy and only feed our body with fresh and nutritious foods.

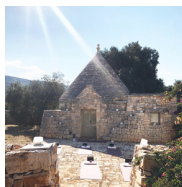
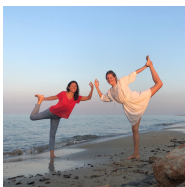




Masseria Le Carrube

We have been coming to this beautiful masseria many years in a row now and every time we come we feel even more at home thanks to the lovely staff, the cosy place and beautiful nature. 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, 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 and daily cleaning service.

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

Standard double room, shared

EUR 930

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
info@glow-retreats.com

We are looking forward seeing you in Puglia in October.

Love

Louise and Valentina

