

"Elements retreat" is a summer get away guiding you to experience nature's wisdom as your own, understand your character through the language of the elements thus experiencing your true nature.

Diverse styles of yoga remind your attention how it loves to be still and integrated, while subtly waking up the body's vital energies. The knowledge of the elements, woven in this retreat, opens your eyes to a richer, deeper and more spirited experience of life of love, tolerance and true connection.

This is a unique program that comprises a holistic integrative approach designed to tune in on the physical, emotional and spiritual levels, allowing a healing process to naturally unfold.

The elements will fully align your body, mind and spirit, in order to balance and empower you. It is thoughtfully designed to deliver an incredible experience, a blend of adventure and insight.

- Kundalini and Hatha Yoga waking up the body's vital energies, bringing you balance and peace.
- Adventure in the nature immerses your body, mind and senses in the picturesque scenery of Italy, letting your spirit soar.
- Food in its own way celebrates the richness of nature and nourishment. Delicious, locally sourced, organic vegetarian/vegan meals are your inspiration and energy support for the day.

Our program includes:

- Daily morning and evening yoga classes
- Philosophy, meditation, yoga nidra, sound healing and workshops about the Five Elements
- Beach and hiking trips
- Delicious, mostly local and organic vegetarian or vegan food
- Cozy rooms in a beautiful villa

Rooms Yogaretreat «Elements»

Mezzanine:



Veranda Panorama double room Garden (25m2)
2 single beds, cosy bathroom with a view, shower, WC, bidet
Price per person Euro 1'600.- (early bird 1440.-)
Attic floor



Mansarden Panorama Suite Mare for 2 persons (60m2 of which 30m2 private terrace, private garden).
-double bed, cosy bathroom with view window, shower, WC, bidet
Price for the double room per person: **Euro 1'600.- (early bird Euro 1'400)**
1. **Single occupation Euro 2200.- (early bird 2000.-)**



Attica double room Maremma with two single beds in the villa Tibana for 2 persons
Price for double room per person: **Euro 1'400.- (early bird Euro 1'260)**



Attica double room Maremma with two single beds in the villa Tibana for 2 persons Price for
double room per person: **Euro 1'400.- (early bird Euro 1260.-)**