



# BOUTIQUE YOGA RETREAT IN ITALY

*Exclusive women  
5-Day journey*

→  
Lazio, Italy | San Felice Circeo  
September 28th - October 3rd

# THE PHILOSOPHY

Just a few minutes walking from the crystal-clear Mediterranean sea.

This is not just a retreat, it is a homecoming.

Our villa opens its doors to **only 6 guests**, creating a space where silence is respected and connection is natural.

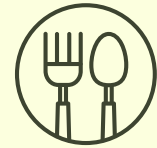
We believe in the luxury of simplicity: the sound of the wind, the taste of real food, and the beauty of being present.



**PROFESSIONAL YOGA**



**LOCAL FOOD ALL-IN**



**PHOTOSHOOTING**



**ARTISTIC SESSIONS**



# THE INTERNATIONAL TEAM

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A collective of professionals dedicated to your well-being.

**Ben**



**Founder &  
Retreat Host**



**Briana**



**Lead Yoga &  
Mindfulness Guide**



**Petronella**



**Creative Artist  
ayurvedic  
massagist**



# THE NOURISHING TABLE

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## MORNING FUEL

Artisan breakfast with fresh fruit, local cheeses, homemade cakes, and organic honey.

## HEARTY BRUNCH

Sustaining Mediterranean dishes, seasonal vegetables, and ancient grains served after yoga.

## EVENING SOUL

Three mindful plant-based dinners and two fresh seafood experiences from the coast.

*To honor our tradition, a bottle of local wine is included with at lunch and dinner*



# ACCOMODATION & RATES

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## THE SANCTUARY

*Twin configuration with high-quality separate single beds.*

Our three double rooms are nestled within a contemporary villa, located just 500 meters from the sea.

Each space has been meticulously designed with a minimalist aesthetic to foster deep rest and mental clarity.

### In-Room features

- Welcome Kit
- Wellness essentials
- Premium Bedding



**€ 1300**

***Only 6 spots available  
to maintain  
the intimacy of the experience***

## ALL-INCLUSIVE EXPERIENCE

***We've taken care of everything.***

- **5 nights** in our private villa
- **1 Cooking Class** with local products
- **All meals.** Breakfast, lunch, dinner.
- **A road trip** to Circeo mountain (with sea view)
- **2 yoga session** per day with certified teacher
- **Round-trip transfer** from/to Fiumicino Airport
- **Artistic workshop**
- **Professional photoshooting**

# ABOUT THE VILLA

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**3 spacious twin bedrooms with single beds**



**3 modern bathrooms with luxurious hydromassage tub**



**A bright, welcoming living room and a fully equipped kitchen**



# OUT DOOR JACUZZI

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# THE VILLA



# ARRIVALS & TRANSFERS

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**We've taken care of everything.**



## **Airport Pick-up**

A private shuttle will be waiting for you at Rome Fiumicino Airport (FCO) to take you directly to our villa.

**No stress, no trains, just a comfortable ride to your retreat.**



## **Comfortable Transit**

Relax during a scenic 90-minute drive to our destination. **Our private 9-seater van will also be at our complete disposal** throughout the week for seaside trips and local explorations.



## **Direct to the Villa**

**We will drop you off directly at the gates of our modern villa**, where your welcome aperitivo and the team will be waiting for you.

*All included in the package*

# ARTISTIC WORKSHOP & PROFESSIONAL PHOTOSHOOTING

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## **Creative Flow Experience**

Immerse yourself in a curated artistic workshop  
A dedicated space to reconnect with your intuition through colors and textures. All professional materials are provided, simply bring your curiosity and let your creativity unfold



## **Professional Photoshooting**

Focus on the moment while we take care of the memories.  
During the retreat, a professional photographer will capture your most beautiful experiences.  
You will receive a personalized digital gallery of high-quality images to cherish your journey forever

*All included in the package*

# THE JOURNEY

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## Arrival & Sunset Circle

1

Welcome aperitivo, intentional opening, and your first night in the villa.

## Beach Yoga & Roots

2

Sunrise flow on the shore followed by a deep dive into local Mediterranean flavors

## Costal Discovery

3

Sunrise practice by the waves and a private van excursion to hidden local gems

## Art & Soul Expression

4

Heart-opening yoga and an exclusive creative workshop with our guest artist

## Integration & Farewell

5

Closing ceremony, gift exchange, and a celebratory brunch before departure.

# HOW TO APPLY

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## How to secure your spot

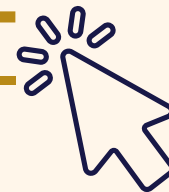


To maintain the intimacy and high quality of this experience, we only offer **6 exclusive spot.**

**Click the link below to access the form** and receive the full detailed brochure with all the retreat information.



## APPLY FOR YOUR SPOT



[Info@yoga-boutique-retreat.com](mailto:Info@yoga-boutique-retreat.com)

[www.yoga-boutique-retreat.com](http://www.yoga-boutique-retreat.com)

## Discovery call



Feel free to **request a brief call** to go over any details.

Fill the on-line form clicking “apply for your spot” with your contacts and we’ll schedule it.