

Detox & Yoga Retreat

Your relaxing time

The energy of Puglia, the elegance of the environment and the powerful force of detoxification will transform you both externally and internally, giving you a whole new **body sensation** that you will benefit from for long time also after your stay. The retreat is born from the need to **regain lightness** and also to learn how to regain it at any time in everyday life.

7 days Detox & Yoga

Detox your body, mind and soul

- May | 06.05. – 13.05.2023
- September | 16.09. – 23.09.2023
- Martano, Puglia, Italy
- Max. 12 person
- Traditional country house with pool

What awaits you

Retreat activities

We will explore the surroundings on an easy hike along the breathtaking coast of Otranto. Also on the program is an excursion to the protected natural parc of Porto Selvaggio, where we can either experiment yoga asanas on SUPs or relax holding our feet in the crystal clear water.

One afternoon we will experience the magic of sound therapy, which has the great power to put us in a state of deep relaxation. An evening of mantra will help us free our minds and connect with our inner voice. On the last day we will have fun in the kitchen. During a cooking workshop you will learn how to easily prepare healthy food at home.

You will also have plenty of free time to spend either relaxing by the pool or sightseeing in the surrounding area.

Accommodation and Puglia

Where will you stay

The accommodation is a historic country house "Masseria" from the 18th century, where elegance, authenticity and attention to detail combine with tradition. Light colors, thanks to the use of local stone, dominate the interior. The Masseria is set in an incomparable natural setting. The interiors are comfortably furnished with style and the beauty of a large courtyard and a garden with pool are a real invitation to relax.

The region of Puglia is located in the southeast of Italy and forms with its peninsula Salento the heel of the boot. A caribbean-like coastline, enchanting olive fields and white houses are just some of the distinctive features of Puglia.

Martano is situated between the Adriatic and Ionian seas. Both coasts are easily accessible by car. Otranto, Gallipoli and Lecce are just some of the charming places to visit.

The accommodation in detail: Relais Masseria Capasa www.relaimasseriacapasa.it

Food & Detox

Detox and regenerate

We will pamper you with meals that serve on the one hand for detoxification, and on the other hand for regeneration. All meals will be freshly prepared and will be plant-based, partly raw food without the palate having to give up the pleasure. Water and tea as well as fruit and snacks will be available à discretion.

Before the retreat I will discuss with you which foods and nutrients are important for your needs, which we will then include for you during the week.

7 days Lively Detox & Yoga Retreat

Prices and what is included

Come with us and escape from the hustle and stress of everyday life and let yourself be transported to another world. Treat yourself to a week of soothing moments with a trip to Puglia and experience the many benefits of a holistic detox.

We will take you on this experience, dedicating ourselves entirely to you and providing you with a relaxing and at the same time regenerating time out that will return your body and mind to its natural state of well-being.

What's included

- 7 nights
- 1 x Food und Detox consultation
- 6 x Yoga lessons
- 2 x Exursions / trekking
- 1 x Cooking workshop
- 1 x nutrition workshop
- 1 x Body peeling
- 1 x Massage
- 1 x Sound therapy
- 1 x Mantra night
- All meals, water, tea, snacks

Prices per person

Retreat	CHF 1.900
Early Bird price*	CHF 1.800
Retreat double room	CHF 1.700
Early Bird price*	CHF 1.600

Optional **

Further massages

Further excursions / trekkings

* Booking within 31.01.2023 for may retreat or 31.05.2023 for september retreat

** prices on request