

A Journey Through the Senses

FIVE DAYS OF YOGA, NATURE & ITALIAN LIFE



MONFERRATO, PIEDMONT · ITALY

- 01

SIGHT

Welcome to Monferrato

Arrival and transfers · Tour of Retreat Monferrato · Opening ceremony and intention setting · Gentle sunset yoga · Welcome dinner
- 02

SOUND

Awaken the senses

Optional journaling, then Vinyasa focused on breath and mantra · Breakfast · Vineyard tour and wine tasting · Dinner with local flavors · Evening sound bath
- 03

TASTE

Savoring the present

Optional journaling, then Vinyasa focused on gratitude and receiving · Breakfast · Explore Turin and visit the market · Choosing ingredients and cooking class · Dinner together
- 04

TOUCH

Coming back into contact

Optional journaling, then Vinyasa focused on feeling into the body · Breakfast · Horseback riding · Free time and massages · Dinner and Yoga Nidra
- 05

SCENT

Taking the journey home

Optional journaling · 75 minute Vinyasa class with closing meditation · Breakfast · Closing circle and gratitude practice · Farewells and departures

YOUR STAY	EARLY BIRD	STANDARD
Shared room · 4 people	2.490 USD	2.790 USD
Shared room · 2 people	2.890 USD	3.190 USD
Private room	3.590 USD	3.990 USD
USD per person · 5 days · Early Bird until 13 December 2026		

YOUR RESERVATION

A deposit. Your place.

600 USD

PER PERSON · INCLUDED IN YOUR RETREAT PRICE

Confirming your place

A 600 USD deposit per person confirms your place and counts towards your total retreat price. Send us your booking request; we will confirm availability and share the deposit payment instructions.

Remaining balance

The remaining balance is due 30 days before the retreat begins.

Cancellation & refunds

Your deposit is fully refundable up to 60 days before the retreat begins. After that, it is non-refundable, except in cases of documented force majeure.

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WHAT'S INCLUDED

All you need is here.

Five days at the monastery	Your room for the whole retreat, from arrival to farewell.
All meals	Breakfast, lunch and dinner, cooked with local ingredients.
Daily yoga	Vinaya each day, plus the sound bath, Yoga Nidra and the closing meditation.
One massage	A massage to unwind during your free time.
Local experiences	Vineyard tour and wine tasting, the cooking class and horseback riding.
Arrival transfers	We take care of your transfer when you arrive.
Optional e-bikes	Four e-bikes to borrow in your free time, at no cost.
Walking trails	Paths through the hills, right from the property.

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