



Retreat Under the Tuscan Sun





Massoga[®]

MASSAGE YOGA RETREATS

All the trimmings of a luxury Massoga[®] massage yoga retreat, plus the best gelato, soaking in natural hot springs, witnessing local artisans at work, tasting the finest Italian produce, long afternoon strolls or riposo (nap-time) under the warming Tuscan sun, and plenty more!
Join us in Italy for seven nights!

Umbria, Italy



Self care is not an option.
IT IS ESSENTIAL FOR A FULFILLED LIFE.

Here's how we practice self care on tis retreat. You can expect to immerse yourself in;

- Nutritious and absolutely delicious food enjoyed alfresco as the sun sets.
- Massoga® massage yoga, slow yoga and meditation.
- Sharing time with like minded people as you take in the classic Tuscan view of Cypress trees on the the hill top.
- Ways to move your body that feel satisfying and replenishing.
- Tools to quieten your mind.
- Regular massage, facials and other body work (additional cost).
- An abundance of time to connect deeply with yourself while sitting under an olive tree with the warm breeze blowing across your bare skin - the perfect opportunity to reflect on what fills your cup and then giving yourself permission to go do just that.
- A pool side Negroni or two.
- Daily riposo (nap-time).
- Exploration of the local Italian artisans, vintners, musicians and restaurateurs.
- Experiences of awe in nature at incredible natural wonders like the hot springs.
- and, this is not a conclusive list.

You will return back to your life with tools for daily self care, and you will continue to provide it for yourself, because you will understand the importance and value of deep rest in every day for the rest of your life.



Luxury Farmstay

Accommodation

Our rustic Italian home, Siliano Alto, is a 9 Bedroom farmhouse split into 3 apartments, with wellness spaces for practitioners to work with you in groups and in private. The perfect retreat house for an intimate experience. Built from stone the house is cool in the summer months. There are plenty of private spaces for reflection within the house, and across the vast estate the house is positioned on. Undercover alfresco dining area is a key feature, superbly positioned to enjoy the stunning view over nutritious meals.





The finest Italian Fare

As with all our Massoga® retreats we hire a private chef to cater for your dietary needs. They will utilise the local produce so everything is in season and sustainably sourced. Your meals at the house will be inspired by the region, simple and delicious fare, employing healthy, nutritious ingredients. We will also enjoy a couple of meals at the finest local establishments, who can come all the way to Italy and not have a pizza bianco from Mario at his family restaurant (yes that is his name, and we will visit!)





Brunch

SERVED BETWEEN 10-11AM

Egg Scramble served with tomato, cucumber & basil salsa and charred asparagus served with toasted ciabatta

Zucchini Fritters served with Italian Bean stew and charred ciabatta

Burrata drizzled in basil pesto, Avocado & Tomato salad served with freshly baked Focaccia

Brown Rice, cranberry, raisin and nut Porridge (crowd favourite)

Served with espresso, herbal teas and freshly squeezed juice

*Vegan options available

LIGHT BREAKFAST OF SEASONAL FRUIT, YOGURT & MUESLI IS AVAILABLE IN YOUR ROOM

Dinner

SERVED BETWEEN 5-6PM

Tuscan Bean, Olive and Romaine Salad
Golden Roasted Root Vegetables
Smashed Garlic and Thyme Crispy Potatoes
Traditional Panzanella Salad
Handmade Pasta with Classic Clam sauce
Ricotta Ravioli with Buttered Sage sauce
Italian White Bean and Rosemary Stew

*Vegan options available

SUPPER OF SEASONAL SALADS, AND CHEESE AND CURED
MEAT TASTING BOARDS ARE AVAILABLE ON REQUEST



Stunning Locations

The estate Siliano Alto sits on provides many opportunities to take in the stunning views over the stunning Italian country side and the lake, an abundance of places for reflection and trails for nature walks. We will also explore the surrounding areas with a trip to the extraordinary Hot Springs, vineyards and the abundance of little towns nestled into the rolling hills between the cypress trees.





Daily Ritual

Every day will be filled with nourishing activities. You can expect to start each day with meditation and yoga and a nature walk, or a swim. Brunch is served from 10am, and if you are hungry before this time there will be a light breakfast available for self serve in your apartment. The middle of the day is reserved for your own time, private massage or private yoga classes, or a day trip to a local experience offsite together. The main meal will be served alfresco in the late afternoon. The afternoon is reserved for workshops, additional yoga and meditation on some days, and of course a riposo (nap), if it takes your fancy. There will be light refreshments in the evening, although most prefer an early bed time post sound healing or yoga Nidra. This retreat really does offer your whole self the greatest opportunity for deep rest.





Daily Schedule

DAY 1

Arrive from 2pm and settle into your new Italian home.

5pm Welcome Circle with short reflection and meditation

6pm Welcome Dinner

8pm Evening Sound Bath

~ Optional light breakfast available in your accommodation

~ Private massage, facials and other body work or private yoga classes are available every day, booking separately required.

DAY 2

8am Morning Slow Yoga and Meditation

1030am Brunch

2pm Self Discovery Workshop

3pm Massoga® Massage Yoga

5pm Dinner

8pm Star Gazing





DAY 3

8am Morning Meditation and Slow Yoga

930am Excursion to Local Artisan and Vineyard

12pm Lunch Outing

6pm Light Dinner

8pm Evening Sound Bath

~ Commence a day of silence





DAY 4

8am Sunrise Hike and Nature Meditation on location in the estate.

9am Massoga® Massage Yoga

10.30am Brunch

3pm Self Discovery Workshop + Slow Yoga

~ Break silence

5pm Dinner

8pm Yoga Nidra

DAY 5

8am Morning Slow Yoga and Meditation

1030am Brunch

230pm Self Discovery Workshop

330pm Massoga® Massage Yoga

5pm Dinner

8pm Evening Sound Bath





DAY 6

8am Slow Yoga

9am Excursion to Hot Springs

1pm Lunch Outing

6pm Dinner

8pm Yoga Nidra



DAY 7

8am Morning Slow Yoga and Meditation

930am Self Discovery Workshop

1030am Brunch

330pm Massoga® Massage Yoga

530pm Dinner

8pm Evening Sound Bath





DAY 8

8am Morning Meditation and Slow Yoga

930am Farewell Brunch

Departure at 11am

We will organise your transfer from the retreat house. There is an option to take a complimentary transfer to the train station in Chuisi, or you may decide to share a taxi to the airport direct with another retreat guest at an additional cost.



Local Artisans

There are several Artisan's in the surrounding areas to visit including a pottery, goats cheese, wine and more. The local artisan's we visit will be coordinated depending on season.





Travel + Transfers



Transfers to and from Chiusi train station to the retreat house are inclusive on day 1 and day 8. Train transfer from all airports is quite easy, and we can help you with tickets and directions. Transfers to all excursion locations are also included for all day trips. There is no need to hire a car, although you may wish to so you can explore the local towns and countryside on your own time.

Our nearest train station is Chiusi-Chianciano Terme.
Our nearest local airport is Sant'Egidio Airport (PEG - Perugia)
Our nearest major airports are Fiumicino Airport (FCO - Rome), Galileo Galilei Airport (PSA - Pisa)

Accommodation

Private & shared
options available



King or Twin + ENSUITE

This exquisite and spacious room is on the ground floor with french doors out to the rear garden, and the alfresco dining area over looking the estate. With adjoining doors to the lounge area in the apartment, you will feel like you have the place to yourself.

The ensuite is newly refurbished with marble fittings and fixtures, and there is a bath tub!

This room is available privately for one or two, or you can book one of the twin beds, and share the room with another retreat guest.

For One \$5699 AUD
For Two \$3999 AUD / person





King or Twin + EN SUITE

This light filled room is on the ground floor with french doors out to the garden at the front of the property.

The ensuite has a shower only. The bedroom also has an adjoining door which opens onto a lounge and kitchen space that you will share with one other room.

You can book this room privately and enjoy the King bed, or if you are travelling with your partner or friend please book both places in the King suite

For One \$5499 AUD
For Two \$3699 AUD / person

Triple Room or King + EN SUITE

This room is on the ground floor. It has three comfortable single beds an en suite with a bath tub and shower. The bedroom also has an adjoining door which opens onto a lounge and kitchen space that you will share with one other room. It is perfect for friends travelling together.

Dappled sunlight streams in through the linen curtains hanging over the french doors in the morning. Step out of your apartment into the beautiful garden at the front of the property.

You can book this room privately as a King, or book with two friends as a Triple. Or you can book one single bed in this triple room and share with other retreat guests.

For One \$5599 AUD
For Three \$3399 AUD / person





Private Queen + SHARED BATH

Both Queen rooms are on the first floor and look out on stunning views of rolling hills and cypress trees. They share a bathroom with shower.

These room have access to an outdoor seating area with some of the best views of the estate and nearby towns.

You can book a Queen room privately for one, or if you are retreating with your partner or close friend, book for two and share the queen bed.

ROOM 4

For One \$4799 AUD

For Two/ person
\$3199 AUD

ROOM 5 (LARGER)

For One \$4999 AUD

For Two/ person
\$3499 AUD





Inclusions + Considerations

Retreat packages include the following;

- 7 nights luxurious farm-stay accommodation nestled in the rolling hills of Umbria
- 5 x Massoga® Massage Yoga practices, a restorative yin yoga combined with massage for the most relaxed you will ever feel
- 1 Private Treatment of choice.
- Daily Slow Yoga, a Hatha practice to challenge the body gently with movement. Strength and conditioning offered with modifications, and no yoga experience necessary.
- Daily Mindful Meditation, a seated practice to encourage clarity, awareness and presence
- Free transfers from the nearby train station, Chiusi-Chianciano Terme
- Welcome drink
- 2 main meals (and light breakfast on request) prepared by our in house private chef, imbuing passion and love into all they create.
- Water, tea, coffee served throughout the day
- Wifi connection
- Specialised workshops
- Group excursions/activities
- Two meals at local restaurants
- Pre and post retreat support from our team





Inclusions + Considerations cont.

Your retreat package does not include the following;

- International or domestic Flights to/within Italy.
- Transfers to the town of Chiusi.
- Travel Insurance. It is highly recommended you take out travel and medical insurance.
- Any medical expenses that occur on, before or after retreat.
- Alcoholic beverages are not supplied on retreat or on excursions.
- Additional private treatments including; massage, facials, yoga, acupuncture, other body work.

T&Cs

- Payments for retreat are non-refundable and are fully transferable to future dates within 24 months of your original retreat date.
- Your package must be paid in full with 8 weeks of your retreat date.
- In the event of contracting Covid-19 within 7 days of your retreat date, your funds are transferable to a future retreat
- Massoga® Pty. Ltd. will endeavour to maintain the retreat package as advertised. If events outside of the organisers' control should arise, they retains the right to room, date, location, and or schedule changes with limited notice.