



Retreat Under the Umbrian 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

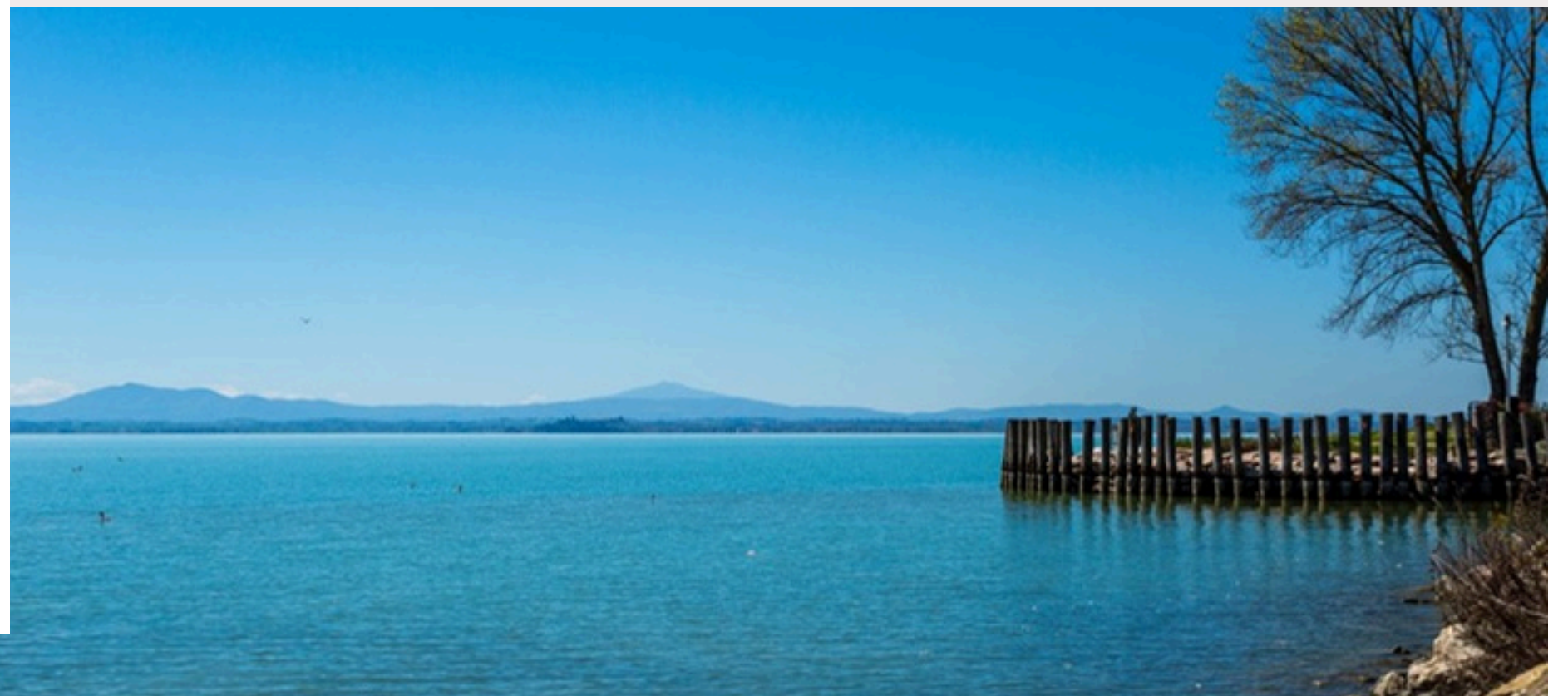
*Vegan options available

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.

Welcome Circle with short reflection and meditation at 5pm

Welcome Dinner @ 7pm

~ 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

10am Brunch

3pm Massoga® Massage Yoga

430pm Self Discovery Workshop

6pm Dinner

8pm Star Gazing





DAY 3

8am Morning Meditation and Slow Yoga

10am Light Brunch

11am Excursion to Artisan workshop/tour/local town

1.30pm Lunch Outing

4pm Wine Tasting

6pm Light Dinner





DAY 4

8am Morning Walk and Outdoor Slow Yoga and
Meditation

10am Brunch

3pm Massoga® Massage Yoga

430pm Self Discovery Workshop

6pm Dinner

~ Commence a day of silence



DAY 5

8am Morning Slow Yoga and Meditation

10am Brunch

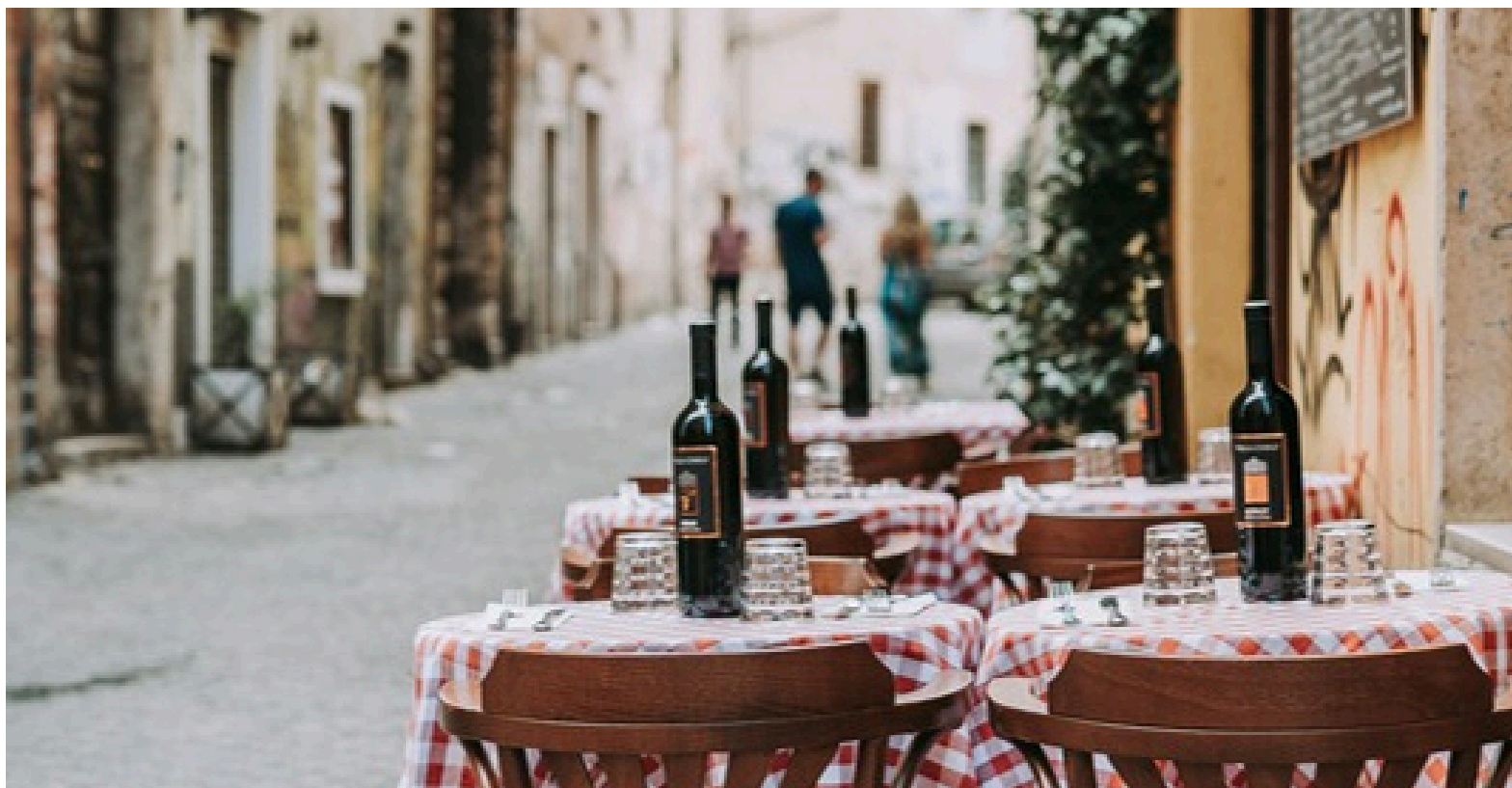
330pm Massoga® Massage Yoga

5pm Self Discovery Workshop

~ Break silence

6pm Dinner





DAY 6

8am Slow Yoga and Meditation

10am Brunch

11am-4pm Excursion to Hot Springs

5pm Aperitivo

7pm Dinner Outing



DAY 7

8am Morning Walk and Outdoor Slow Yoga and
Meditation

930am Self Discovery Workshop

1030am Brunch

330pm Massoga® Massage Yoga

6pm Dinner

8pm Evening Sound Bath





DAY 8

8am Morning Meditation and Slow Yoga

9am Pack ready for departure

10am Farewell Brunch

Departure at 11am

We will organise your transfer from the retreat house. There is an option to take a complementary transfer to the train station in Chiusi, 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 co-ordinated depending on season.



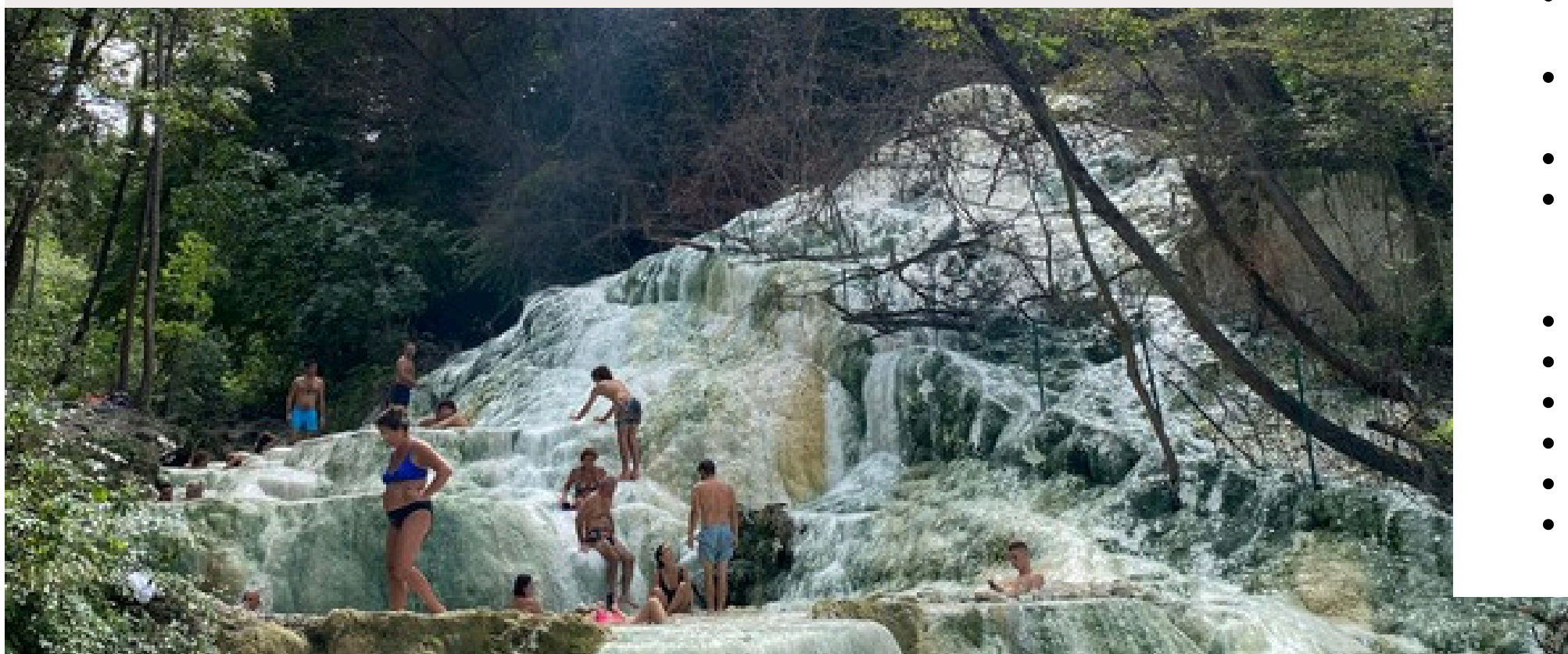


Travel + Transfers

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)





Inclusions + Considerations

Retreat packages include the following;

- 7 nights rustic farm-stay accommodation nestled in the rolling hills of Umbria
- 4 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.
- Slow Yoga, a Hatha practice to challenge the body gently with movement. Strength and conditioning offered with modifications, and no yoga experience necessary.
- 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.
- One meal at a local restaurant.
- Water, tea, coffee served throughout the day
- Wifi connection
- Specialised workshops
- Group excursions/activities
- 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 within 3 months 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.



Terms + Conditions

General

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Reschedule

- You are welcome to reschedule your retreat free of charge 6 months prior to retreat dates booked.
- Rescheduling within 6 months incurs a 25% transfer fee.
- Rescheduling within 3 months incurs a 50% transfer fee.
- Rescheduling within 1 month incurs a 75% transfer fee.

Cancellation

- Cancelling your place on retreat with more than 6 months to your retreat entitles you to a full refund, excluding the deposit payment.
- Cancelling within 6 months incurs a 50% cancellation fee.
- Cancelling within 3 months incurs a 100% cancellation fee.