

TUSCAN SOUL YOGA RETREAT

8th -13th
October 2026

Step into a world of mindful movement in the heart of Tuscany. Flow through daily yoga sessions, savor fresh, seasonal cuisine, and unwind among olive groves and sunlit landscapes.



This is your space to move, breathe, and reset - surrounded by beauty and inspired by simplicity.

WHATS INCLUDED

- 5 nights accommodation
- Twice daily yoga sessions
- Fully catered with nutritious buffet breakfasts, lunches & dinners by on site chef
- Communal Kitchen with Honesty Bar and tea & coffee facilities
- Wine Tour & Tasting with Full Lunch at the Castello di Verrazzano, only 10 min from the venue
- Day trip to Siena with Lunch
- Morning trip to Greve in Chianti visiting the local market
- Olive Oil Tasting with Light Lunch at xxx
- Transfers to and from from Pisa Airport are included for everyone travelling from Manchester to Pisa on Thursday 8th October at 7.15am and coming back on Tuesday 13th October at 10.15am
- Transfers to and from all the above day excursions



MEALS

- Meals are with a fixed menu designed by an on site chef according to fresh and local produce of the season for traditional Tuscan, vegetarian, and Mediterranean cuisine
- Buffet Style Breakfast offers coffee, tea, herbal infusions, milk, juices, pastries, cake, cereals, muesli, yogurt, grains, bread, butter, jams, cheese, cold meat and eggs
- Buffet Style Lunch offers selection of seasonal salads, Tuscan cheeses, bruschetta, crostini and selection of fruits
- Three course Traditional Tuscan Dinner



MEALS

- Alcoholic and soft drinks are not included in the rate. The venue produces its own organic Chianti Classico wine as well as organic olive oil and offers a selection of wines (red or white & prosecco), beers, and soft drinks available for purchase
- *Any dietary restriction must be reported in advance and best suitable alternative options will be provided



WINE TOUR & TASTING

Wine Tour & Tasting with
Full Lunch at
Castello Di Verrazzano

A guided tour of the
Castle's Renaissance
gardens and historic
aging cellars - built
directly into the hillside
below - is followed by a
full lunch featuring
traditional Tuscan dishes
prepared with farm-to-
table products and
regional specialties,
paired with a selection of
finest organic wines.



WINE TOUR & TASTING

*Wine Tour & Tasting with Full Lunch at
Castello Di Verrazzano*

Wine Tasting:

Verrazzano IGT Toscana, Verrazzano Chianti Classico DOCG, Verrazzano Chianti Classico Riserva DOCG, the Cellar's Special Selection, Verrazzano Vinsanto del Chianti Classico DOC, and a tasting of Verrazzano Grappa.

Menu Pairing:

- Tuscan Prosciutto DOP, wild boar salami, sopressata with lemon zest, finocchiona, and crostini with Val di Greve lard
- Tasting of Verrazzano Balsamic Vinegar on pecorino cheese and organic extra virgin olive oil from Castello di Verrazzano
- Pasta with tomato sauce and Chianti herbs
- Grilled sausages and rosticciana with side dishes from our garden
- Dulcis in fundo: farm dessert and almond cantuccini with coffee

DAY TRIP TO SIENA

Step back in time as we explore Siena, a beautifully preserved medieval city full of charm and character. Its historic centre is easily walkable, making it perfect for a relaxed day of gentle exploration. Discover the breathtaking Piazza del Campo, the magnificent Duomo, and winding cobbled streets lined with artisan shops, cafés, and gelaterias. We'll pause for a light lunch in one of Siena's charming local restaurants — included in your retreat rate and offering a true taste of Tuscany.



TRIP TO THE LOCAL MARKET IN GREVE

Experience the charm of local life at Greve's vibrant market - a Tuscan favourite filled with colour, craftsmanship, and character. Browse beautiful handmade leather handbags, belts, coats, jewellery, and much more. If you fancy a little adventure, you can take a scenic walk up to Montefioralle for breathtaking views over the Chianti hills.



OLIVE OIL TASTING WITH LIGHT LUNCH

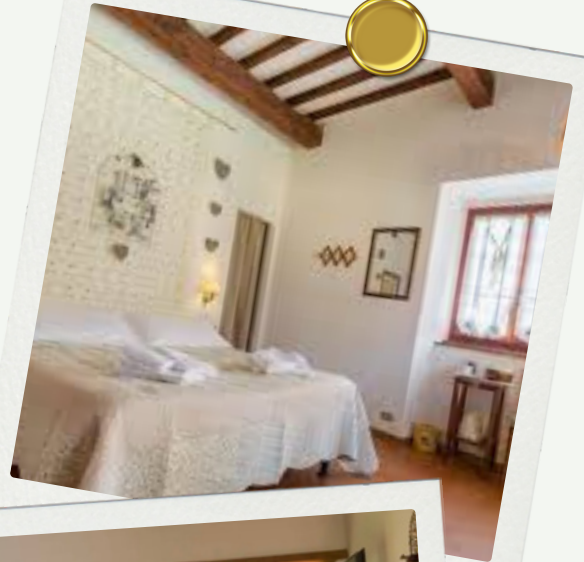
Immerse yourself in one of Tuscany's most authentic experiences with a guided olive oil tasting at Pruneti Extra Gallery. Discover the art of extra virgin olive oil production, learn how to taste like a professional, and savour the distinct flavours of locally produced oils.

A light lunch is included, featuring fresh, seasonal ingredients that perfectly complement the tasting — a true celebration of Tuscan simplicity and flavour.



ACCOMMODATION

Rustic elegance style, traditional material, and architecture double bedrooms with twin beds for 2 people to share, with private en-suite bathrooms.



Check in: 4pm
Check out: 10am

We'll arrive at the venue around 1pm for a light lunch and some time to unwind after our travels.

YOUR HOST

Aneta Snow

Aneta has a deep passion for creating creative flows that blend strength-building, mobility, and flexibility work, always with a space to explore.



Drawing from the various styles and techniques she has picked up on her yoga journey, her teaching is rooted in movement that feels both strong and nourishing. She likes to challenge her students and invite them to try new things, always with the intention of making them feel good in their own bodies.

COST

Book your spot!

Total price £1445 early bird if deposit of £445 is paid by 1st February 2026 per person based on 5 night stay in shared room (2 people) with ensuite.

Secure your place with a deposit of £445

All deposits are to be paid by bank transfer. Please contact me for details. The deposit is non-refundable unless the entire retreat is cancelled. Second deposit of 50% of the total cost to be paid by 1st May 2026.

Full balance to be paid by the 1st August 2026

A monthly payment plan is available to help spread the cost. Please contact us directly for details if you wish to set up a payment plan.

Transfers to and from Pisa airport are included for everyone travelling from Manchester to Pisa on Thursday 8th October at 7.15am and coming back on Tuesday 13th October at 10.15am (EasyJet)

Flights are not included in the rate.

CANCELLATIONS

The deposit is non-refundable.

If you cancel before the balance due date any additional payments made beyond the deposit will be 70% non-refundable. You will receive a 30% refund of those additional payments.

If you cancel after 1st August 2026 no refund will be given, as all costs will have been committed by this stage.