

# Yoga and Massage Retreat



**In Tuscany**  
**Sep 30 - Oct 06, 2023**  
**with Charis and Iseut**

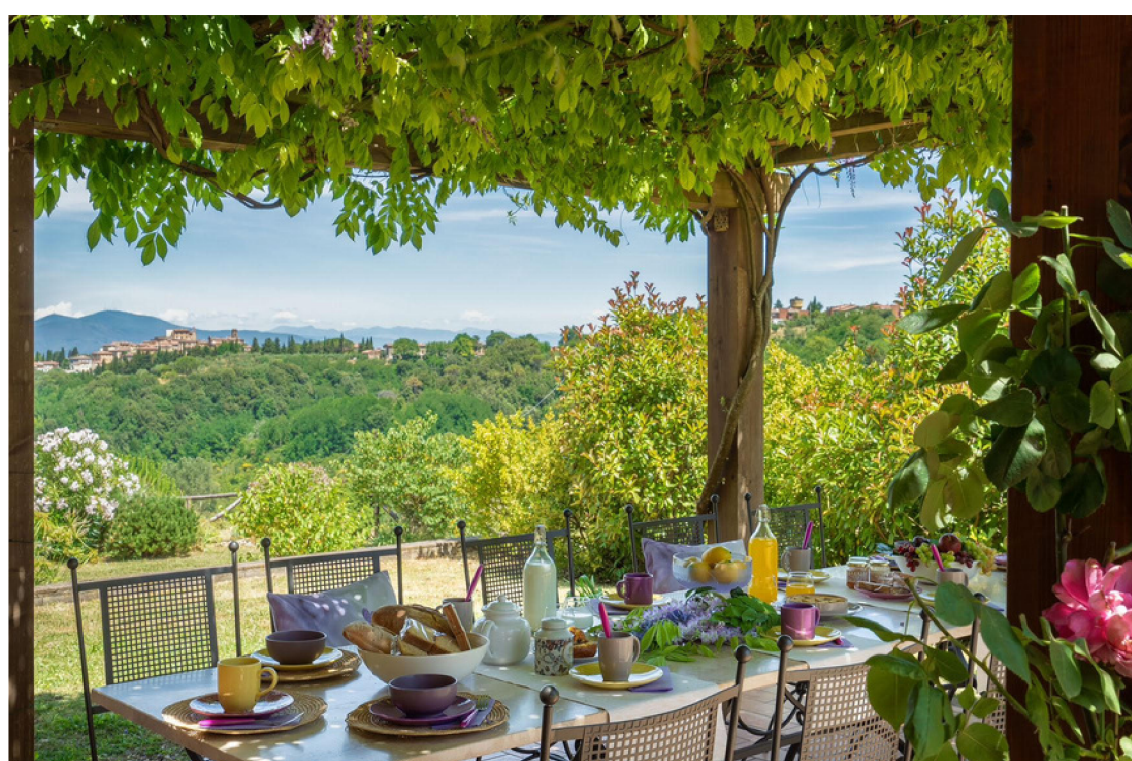


**The all-inclusive rate of 1395€** includes:

- Shared room for 6 nights (2 per room) in beautiful Tuscan Villa (all rooms have private bathrooms, some have whirlpools)
- Access to yoga room and yoga area on site
- Access to beautiful pool, all amenities (yoga mats, sheets, towels, pool towels)
- Housecleaning
- Daily hearty brunch and delicious vegetarian dinner with paired wine served on site and prepared and sourced locally
- Daily gentle wake up morning yoga sessions, daily afternoon happy hour yoga (flow),
- 1 personalized hour long massage (additional massage and energy work available onsite at additional cost)
- Drinks, and nightly mantra and meditation to ensure excellent sleep.







- Guests are required to book their own travel to and from the villa and to pay for any personal expenses outside the villa (travel, restaurants, etc.).
- Guests are welcome on Saturday September 30th any time after 10am, and must depart by 12:00 on Friday October 6th.
- All activities on site are optional; you are welcome to partake or to refrain - your time is yours while you are here.
- We invite you to be present, relax and ENJOY for a week in a nourishing, beautiful, accepting, judgement-free space surrounded by the beauty of Tuscany.
- Swim, Stretch, Savasana.
- Guests are welcome to visit the surrounding area at any time. If you foresee wanting to adventure around Tuscany and local villages, renting a car for your stay is highly recommended.
- This retreat is **accessible to all levels of yoga, including absolute beginners**. The yoga you practice this week will be the active version of a massage: relax, enjoy, and feel more like yourself!
- **MORE INFO:** [chalkballerina@gmail.com](mailto:chalkballerina@gmail.com)

