

# Yoga, Nature & Dolce Vita

*Reconnect with Yourself*

Join me for a transformative retreat that invites you to slow down, breathe deeply, and gently return to your inner balance surrounded by nature.

**Presented By:** Gianna Reccavallo





# Dates and Location

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**Date:** 23 – 27 Sept. 2026

**Location:** Stazzano (AL) Piemonte – Italy

This retreat takes place in one of Piedmont's most beautiful natural havens – a charming, lovingly furnished location where you can slow down, breathe deeply, and savor the Dolce Vita.



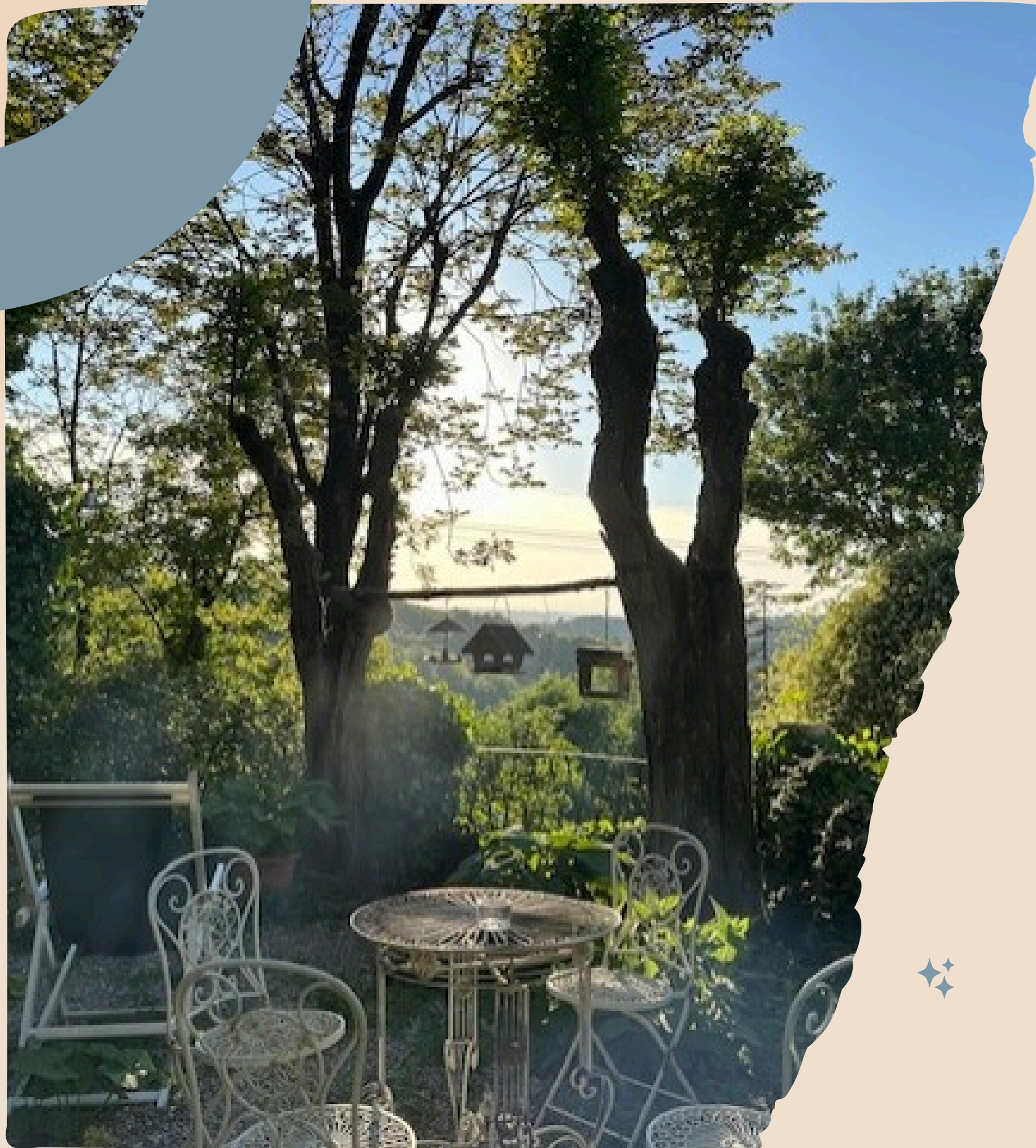
# Purpose of the Retreat

*Disconnect to reconnect.*

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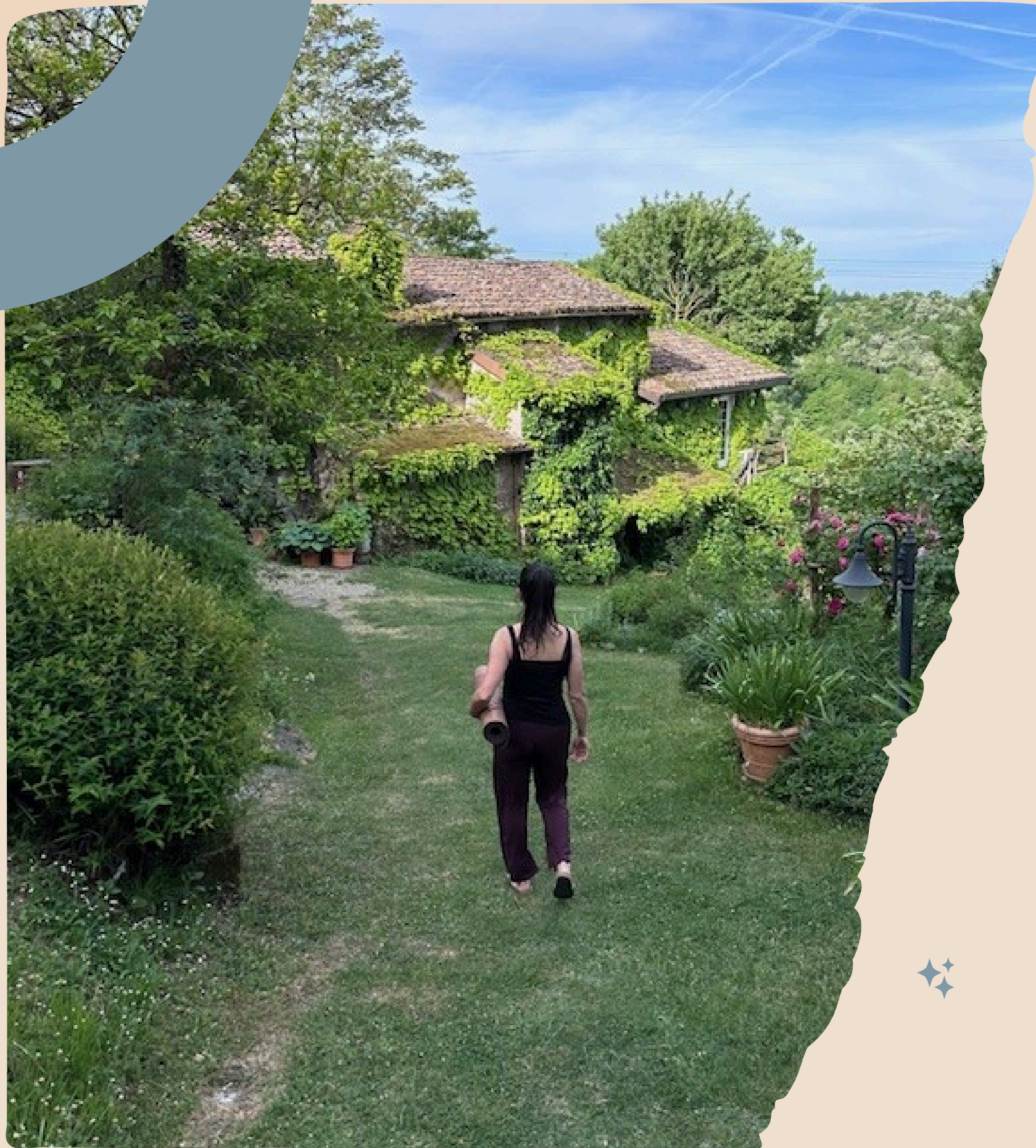
Reduce stress, restore balance,  
and reconnect with your true self.





# What's Included

- Daily yoga sessions
- Guided meditations
- Nature hikes and peaceful hours, offering space to journal, read, and simply be
- Nutritious vegetarian meals
- Mindful breathing practices
- Sharing circles and heartfelt connection
- Wonderful time to relax by the pool and enjoy nature



# Why Join?

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Ground yourself. Unfold. Find your way back to you. Let nature carry you and realign you from within. Feel how stillness and movement bring you back into balance.

# Who Can Join

*Open to all levels.*

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No prior experience in yoga or meditation required.  
Perfect for solo travelers, couples, and small groups.

This retreat will be guided in both English and Italian.



# What's Included in Price

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from  
€799

- 4-night accommodation in a beautiful Italian agriturismo in a double room
- All meals and nourishing snacks
- Daily yoga sessions and guided meditations ✨
- Breathwork or Chakra Dance
- A mindful, guided hike in nature





# Book Your Spot

Spaces are limited. Reserve today!

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**I'm looking forward to meeting you in this beautiful place and sharing the journey.**

**♥ With love,  
Gianna**

