
PILATES.RECOVERY. RETREAT

26.10.-30.10.2019

Pontassieve | TUSCANY

Inspiration.Vitality.Relaxation

Barbara Baumann

physical therapist | dance therapist | pilates trainer

OFFER

ARRIVE. TAKE YOUR TIME. ENJOY WITH ALL SENSES.

Escape the native fog under the wonderful and warm autumn sun of Tuscany, just outside Florence! The right time if you feel like taking an active break from everyday life and want to give yourself new vitality and inspiration.

TARGET GROUP:

My offer is aimed at individuals and couples who appreciate the unique art, cultural and natural environment of Tuscany and want to enjoy in this place of longing for inner and outer beauty and balance. We practice in a holistic way, therefore no Pilates knowledge is necessary.

THE PLACE OF LONGING:

The **Fattoria Lavacchio**, a Tuscan country estate over 300 years old, is set in the stunning Chianti hills between the towns of Sieci and Pontassieve. The property is immersed in the typical Tuscan flora of ancient cypresses, olive groves and vineyards, which are organically farmed and processed.

There are 9 tastefully furnished rooms in total. A place of tranquility with inspiring flair and ideal for your relaxation at the crystal clear pool, the sun terrace and long walks in the extensive gardens. For food and drinks you will be spoiled with organic local specialties from own cultivation. Enjoy the authentic idyll and seclusion of this gem!

For a rich cultural and artistic offer, the nearby Florence, just 30 minutes away by car, offers individual opportunities.



WHAT YOU CAN FIND IN PILATES.RECOVERY.RETREAT:

Experience in vitalizing Pilates and Body Mind units to promote your body awareness, train your breathing, and feel your inner and outer attitudes and perceptions.

Relax with a compelling book by the pool, a magical walk through the Tuscan hills or an in-house pampering massage.

Enjoy tasty, organic Tuscan delicacies and drinks. The products come from in-house and regional production.

Discover individual in-house activities (e.g. ceramic course, Tuscan cooking class, Tour to the windmill, insight into olive oil production, horse riding, city tour of Florence).

Visit the cultural and authentic diversity in the area and cities such as Pontassieve (8km), Sieci (8km), Florence (18km), Arezzo (60km), Siena (90km), Pisa (100km).

MY PHILOSOPHY:

In today's fast-moving performance society, we often lack the time for regeneration, awareness and enjoyment. In my retreat, I cordially invite you to your personal time! Everything is possible, nothing is necessary! My offer is customizable. You can design your holiday according to your own wishes and needs. My additional offers are additional benefits, no compulsory participation, no prior knowledge necessary.

The retreat inspires you to (re)discover your personal wellbeing!

MY SERVICES AND OFFERS:

Included services of the wellness program from 26.10.-30.10.2019:

- 4 x nights single/double room in the FATTORIA LAVACCHIO
- 4 x half board (breakfast and dinner) with regional organic cuisine incl. Drinks
- 1-2 daily Pilates units (Sunrise & Sunset / Relax Pilates)
- 2 Body-Mind units
- 1 Wine tasting & Resort Tour
- Time to relax at the on-site pool and in the spacious garden

EARLY BOOKING bonus for booking until 31st May 2019:

Double room 600,- Euro for single use / double room 500,- Euro p.P.

Booking after 31st May 2019:

Double room 700,- Euro for single use / double room 600,- Euro p.P.

*Individual regional typical resort activities at an additional cost *:*

- Guided city tour in nearby Florence
- Tour to the resort windmill (in-house flour production)
- Tour through vineyards and insights into olive oil production
- Ceramic course in the in-house studio
- Horseback riding among the vineyards and olive groves
- Tuscan cooking class and tasting
- Pampering massage at the resort

** Prices on the resort website <http://www.fattorialavacchio.com/ATTIVITA/>*

Not included services:

- Individual arrival / transfer
- By car (from Vienna about 8h30min, from Graz about 6h30min, from Munich 6h20min)
- By plane to Florence airport (28km), Siena (90km), Pisa (100km)
- Shuttle service at extra charge (per car: Florence airport € 110, - / Pisa airport € 220, -)

Learn to balance body and mind.
In the course of the retreat days,
feel how your body perception feels
and strengthen posture after only a few units.
Your muscles experience a gentle strengthening,
Your flexibility reaches more diversity.
Your awareness of breathing, balance and stability
experience a lasting impulse for change and support you
to arrive at the moment.

A retreat with added value awaits you!

PROGRAM

26th Oct 2019:

12-4pm	Arrive / Check-In / Anamnese
4:30-6:30pm	Welcome Pilates
7:30pm	Dinner

Between arrival and dinner you will find enough time to arrive and get to know each other.

I warmly welcome you to the 1st Pilates Unit. Here, the theory and effect of the Pilates method is explained and then implemented in practical exercise sequences.

In the evening you can enjoy a delicious dinner incl. drinks, with in-house and regional organic products.

27th Oct 2019

8-9am	Sunrise Pilates
9-10am	Breakfast
10am-2pm	Individual Leisure time
2-5pm	Fattoria Tour&Tasting
5:30-6:30pm	Relax Pilates
7:30	Dinner

28th Oct 2019

8-9am	Sunrise Pilates
9-10am	Breakfast
10am-12	Individual Leisure time
12-1pm	Body-Mind-Hour
1-7:30pm	Leisure/regional activities
7:30pm	Dinner

29th Oct 2019

8-9am	Sunrise Pilates
9:10am	Breakfast
12-1pm	Body-Mind-Hour
1-5:30pm	Leisure/regional activities
5:30-6:30	Sunset Pilates
7:30	Dinner

You start your days with activating Pilates practice and dynamic stretching sequences. In fair weather, the hours take place outdoors, accompanied by warming sun rays and vitalizing pine scent.

Afterwards, enjoy a delicious breakfast with home-made and regional organic products.

At noon, individual Body Mind classes take place. The focus here is on body perception, posture and breathing. Physiotherapeutic questions about physical sensitivities can also be exchanged.

On Sunday, a tour of the Fattoria Lavacchio awaits you. You will experience the philosophy of this beautiful estate and learn more about the local biological lifestyle. The tour ends with a tasting of in-house organic wines, home-baked bread and regional cheese / meat delicacies.

In the afternoon you can stroll around the pool, pamper yourself with a soothing massage (extra charge), explore the surroundings in their full autumn splendor or visit cities such as Florence, Siena, Pisa.

On Tuesday and Wednesday, local activities (surcharge) invite you to join in the resort.

In the evenings the Pilates practice is less powerful, focus is on mindful balance and relaxing flow of movement - encountering the harmonizing sunset.

At the end of the day, enjoy a delicious dinner including drinks, with home-made and regional organic products. Individual nutritional and food intolerances are taken into.

30th Oct 2019

7:30-9am	Sunrise Pilates
9-10am	Breakfast
10am-12:00	Check-Out

You start the day of departure with a revitalizing Pilates session and time for sharing & reflection. I will gladly send you a Pilates exercise program for the home, office and vacation after the retreat.

After a fortifying breakfast, the check out takes place. A shuttle service can be arranged.

CONTACT & BOOKING

REQUEST/BOOKING:

Mag.art. Barbara Baumann BSc

Physical therapist | Dance therapist | Pilates trainer

<mailto:info@therapiebewegt.at> | www.therapiebewegt.at



ACCOMODATION:

FATTORIA LAVACCHIO

Via di Grignano 37/38, 50065 Pontassieve, Florence/Tuscany

<http://www.fattorialavacchio.com/>

