



Holistic Detox Retreat

Escape into the profound beauty of Tuscany to disconnect from the daily chaos and reconnect with yourself and nature, nestled in one of Italy's richest naturalistic areas. This 7-night retreat is designed for spiritual healing and increased awareness of self; an opportunity to allow yourself to purify the body, mind and soul. Reconnect with your body through yoga, meditation and detox workshops led by Sheila Chacko, immerse yourself in nature during guided hikes, explore the flavors of the region while learning how to nourish your body with food alongside Executive Chef Giancarla Bodoni.

Spring Session: May 13-20
Fall Session: November 11-18

The Holistic Detox Package:

- Welcome Tea
- Nourishing breakfast each morning served at Oreade
- Daily lunch and dinner menus created by our Executive Chef
- Daily yoga and meditation classes that focus on intentional movement and connection
- Four detox workshops that inspire a more present way of living; mindfulness and ways to manage stress and challenging emotions
- Biotype Anamnesis
- Wellness treatments that purify and restore:
 - Detoxifying face treatment and intestine drainage massage
 - Silk Warm Ceremony
 - Custom Holistic massage + intestine/liver drainage massage
 - Sauna and customized holistic massage
- Healthy cooking class in our stunning Culinary Academy

About Sheila Chacko



Sheila Chacko is an American expat living in Europe for the last 15 years. She has been teaching yoga for over 20 years and leading transformational retreats, workshops, and classes throughout Europe in the last decade. She is also a Holistic Counselor and uses her expertise and experience on the psychological and somatic levels to support people individually and in groups to transform the stresses, problems, and traumas of life into doorways to living their best lives. Her background also includes training in the natural health sciences, nutrition, and ayurveda.