

Tuscan Tranquility

Inspired by the natural harmony of Tuscany, this three-night retreat is a restorative journey designed to calm the body and mind, while encouraging balance, peace and gratitude among nature and in everyday life.

Unpack and unwind with rejuvenating body and facial treatments, seek connection with the healing power of nature through classic Yin yoga classes and awe inspiring hikes, and indulge in the flavors of the region through exquisite meals and interactive cooking classes. This retreat, available year round, is ideal for individuals, couples or groups who wish to reset and replenish.

Inclusions

Welcome Aperitivo

Nourishing breakfast each morning served at Oreade
Custom lunch and dinner menus created by our Executive Chef
Restorative movement during intimate Yin Yoga session and a private guided hike
Traditional Tuscan cooking class followed by lunch at the Culinary Academy
Spa treatments that replenish and restore
Customized massage or facial treatment

Rates

	November 1st - April 30th		May 1st - October 31st	
	Double Occupancy	Single Occupancy	Double Occupancy	Single Occupancy
Village Room	€ 4,990	€ 3,650	€ 5,650	€ 4,310
Village Suite	€ 5,650	€ 4,310	€ 6,310	€ 4,970
Tuscan View Suite	€ 6,490	€ 5,150	€7,630	€ 6,290
Monte Cetona Suite	€ 7,480	€ 6,140	€ 8,230	€ 6,890

A credit card is required to reserve your space. Your credit card will not be charged until 14 days prior to the arrival date, at which bookings will be charged for in full.

Cancellations received after 6:00 p.m. local time in Rome 14 days prior to arrival date are non-refundable.

Ready to Retreat?



The Details

DAY 1

Welcome Aperitivo

2 - 8pm: Monteverdi Spa Circuit + 50' Relaxing Massage 8pm: Dinner

DAY 2

8 - 9 am: Breakfast

10 am: 60' Yin Yoga Class

11 - 2 pm: Cooking Class + Lunch

2-6 pm: 60' Spa Warm Ceremony

6 pm: 8 pm: Dinner

DAY 3

8 am: Breakfast

9 am: Guided Hike

1 pm: Lunch

3-7 pm: Cryotherapy + 50' Customized massage or 50' Facial treatment

8 pm: Dinner

DAY 4

8 am: Breakfast

11 am: Check-out

Ready to Retreat?

Contact travel@monteverdituscany.com or

<u>Click here</u>, select the dates and room category of your choice and add the package below