



The
WELLNESS REPORTER
Retreats

FIND US AT

Tel: +39 333 7676854
Sveva Clavarino

Tel: +39 348 2322063
Amanda Baldan

Tel: +4479388818120
Roberta Franchi

YOGA WITH US

We are so excited to be offering this unique yoga weekend retreat in Tenuta Santa Cristina, a unique estate, surrounded by the incredible Italian countryside.

STAY IN TOUCH

twrretreats@gmail.com

7-10 OCTOBER
2021





MEET THE TEAM

Your teachers and hosts for the weekend will be the wonderful: Amanda Baldan (250 Hatha Raja yoga teacher and vegetarian animal lover), Roberta Franchi (200 Vinyasa yoga teacher, vegan lover and environmental consultant) and Sveva Clavarino (The Wellness Reporter Retreats manager).

SIGN-UP

Sign up in advance and save your spot with us with a €400 deposit to confirm your place.

PRICES

Single occupation: Upon Request
Double room: Upon Request



RELAX
RESTORE
REVIVE

THE WELLNESS REPORTER RETREATS

During this time you will be able to immerse yourself into a transformational journey after the hectic summer days, to find your inner peace through the power of daily yoga and meditation, while peacefully preparing your mind and body to transition to the Fall season.

Our curated program is designed to help you to relax, detox and revive. We support both beginners and more advanced yogis to grow and develop their strength and to increase their connection with nature and the self.

We want you to experience the power of the present moment and learn to surrender.

FOOD

All meals will be catered by our excellent vegan chef. The menu will be created using seasonal ingredients and it will be entirely organic and plant-based.



SCHEDULE

Thursday:

17 Arrival & Settle-in

18.15 Opening Circle

18.30-20.00 Yoga

20.30 Welcome Dinner

14.00-18.00 Free time to explore the grounds, discover unique surrounding countrysides, take wonderful excursions, play tennis or simply relax.

18.30-19.30 Yoga

20.30 Dinner

Friday:

8.30-10 Yoga

10-11.00 Breakfast

13.30 Lunch

14.00-18.00 Free time to explore the grounds, discover unique surrounding countrysides, take wonderful excursions, play tennis or simply relax.

18.30-19.30 Yoga

20.30 Dinner

Sunday:

8.30-10.00 Yoga

10.00- 10.30 Closing Circle

10.30-11.30 Breakfast

12.00 Leaving snack and Checkout

Saturday:

8.30-10.00 Yoga

10.00-11.00 Breakfast

13.30 Lunch



TRAVEL

Car:

CarRent a green car – carsharing.bz.it or get a ride through a carshare – blablacar.com.

We can organise a private car from Milan to Rome or from Rome to Magliano Sabina.

Train:

We believe that the train is the best means of transport on this planet. Sit back and ride on the train and admire the wonderful Italian countryside- www.trenitalia.com

Approximate train times to Magliano Sabina from:

Milano – Train from Milano Centrale to Roma Termini (3 h).
Roma Termini- Civita Castellana (1 h 10 min of train)
Rome – Train from Roma Termini to Civita Castellana (1h 10 min of train). Civita Castellana to Magliano Sabina (7 mins in taxi)



EXTRA DETAILS

What is included:

- 3 nights stay in Tenuta Santa Cristina
- Daily yoga classes
- Breakfast, Lunch and Dinner (all organic and plant-based)
- Jogging and hikes
- Private swimming pool access
- Private tennis court access
- Yoga mats and props (due to Covid 19 pandemic we recommend your bring your own)

What is not included:

- Relaxing massages
- Horse riding tour
- Additional excursions tickets
- Flight or train tickets
- Car rental fee

What to bring:

- Yoga clothes
- Gym shoes (if you want to go on hikes and excursions)
- Swimsuit
- Sun Cream
- Happy Spirit ;)