

26 April - 1 May 2024



InRetreat
TRANSFORMATIVE JOURNEYS

TUSCANY SPRING RETREAT



*Escape to an artists' villa
at the height of spring
and delight in both
nature and culture*



Retreat in wild Tuscany for a week of relaxation, yoga, creativity and fun.

Villa Lena is a unique Agriturismo experience, set in stunning and quintessential Tuscan scenery, and imbued with creative flair. Villa Lena has won the hearts of artists, writers, foodies and nature-lovers alike. Relax in supremely comfortable and chic Tuscan decor, savour delectable cuisine, sourced from Villa Lena organic gardens, explore your creative side in exclusive art and culinary workshops, and thrive on twice daily yoga with InRetreat guide, Bjørn Jakobsen.



Your InRetreat guide



Bjørn Jakobsen

Bjørn Jakobsen is senior teacher at HiYoga in Oslo, where he leads teacher trainings, private and public classes. Bjørn is a Lululemon Ambassador and qualified Nuad Boran Thai massage.

Bjørn has an open and accessible approach to his teachings. Leveraging his exceptional array of professional qualifications, he is able to adapt his teachings in accordance with class needs. He has a strong and physical presence, encouraging you to sweat, tone and strengthen, as well as the capacity to lead meltingly soft flows and meditations.

Anticipate a journey ...

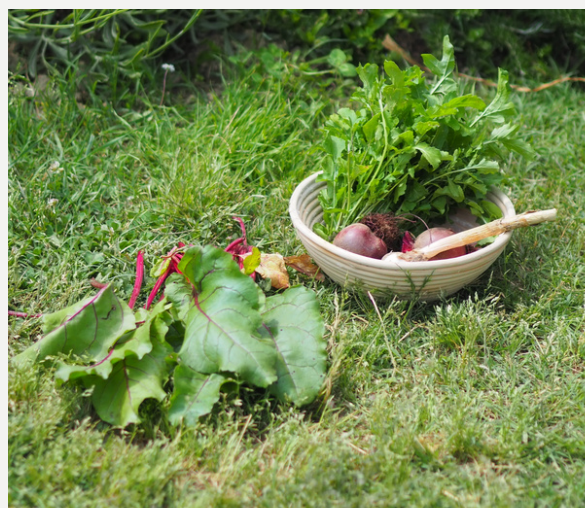


CREATIVE IMMERSION

Villa Lena is the location for an art foundation and artists' residency programme. For most of the year, they host professional artists from around the world, who work whilst at the Villa. They leave some of their works behind, which inspires the hip, tasteful decor at the Villa. Anticipate an exclusive private workshop with an artist-in-residence.

ORGANIC 'ORTO'

Villa Lena's 'orto' is a celebrated organic vegetable and fruit garden on the villa grounds. The annual cycle of bountiful produce provides the Lena restaurant with fresh, sun-drenched veggies, underpinning their seasonally-led menus. Don't forget the organic wines and olive oil, both grown and produced on site!



ENERGISING YOGA DAILY

Bjørn will lead us on twice-daily exclusive yoga classes. The morning sessions will be a strong flow, safely guiding you to your edge and building flexibility, strength and balance. The evening sessions will be soft, calming Yin and meditation. Bjørn will also lead a special workshop - 'How to Create a Sustainable Personal Practice'

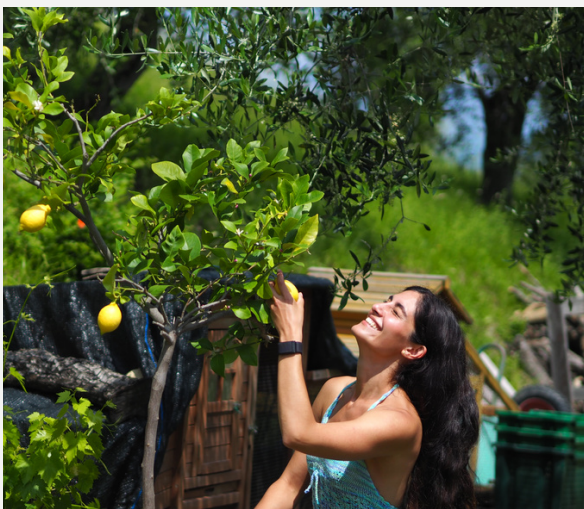


CALLIGRAPHY WITH BETTY

Firenze-based calligrapher and designer, Betty Soldi, will lead us on a special workshop, paired with our spring retreat theme of 'flow'. Betty will lead us on a journey out of mind and into hand and pen, as we use the ancient art of calligraphy to express our creative impulses. Set aside your fear of 'letting go', as you let the pen dance across the page!

RENACCHI APARTMENTS

Our retreat group will be staying in a 17th century farmhouse, now converted into tasteful apartments, known as Renacchi. These apartments are situated 7 minutes walk from the main 'hub' restaurant, villa and swimming pool, offering blissful quiet and relaxation. They also have a private pool, just for Renacchi guests, which offers a great alternative on hot afternoons.



WILD TUSCANY

Villa Lena is hidden in a wild expanse of Tuscan rolling hills, olive groves, vineyards and uninhibited nature. You are very much 'away from it all'. There are no distractions, shops, or traffic jams, and you can truly let your imagination explore new vistas, depths and nature experiences. The stars shine brightly at night, and the air is pure. Villa Lena typifies la dolce vita!



Retreat location: Palaia, Tuscany

The extensive property that Villa Lena is situated on is around 1 hour east of Pisa, in the heart of Tuscan countryside, in the municipality of Palaia.

Historically, the property was named San Michele, after the archangel to whom the chapel inside the villa is also devoted. The estate has had many owners, and some of the buildings - notably Fattoria and Renacchi - have foundations that date back to 300 A.D. In the early 20th century, the estate was a major center for aristocratic parties and hunting weekends. Indeed, the land is famed for its quality truffles and abundant wild boar and deer. The current owner purchased San Michele and rebranded it as Villa Lena in 2007, following which extensive renovations began. Temperatures in spring range from min. 15 °C / 59 °F to max. 27 °C / 81 °F.



Your accommodation:

Villa Lena

The Villa Lena estate is located in the Province of Pisa, secluded amongst 500 hectares of woodland, vineyards, olive groves and organic vegetable gardens. A 19th-century villa sits at the heart of the property, originally built for an Italian aristocratic family. It now houses the Villa Lena Foundation and artist-in-residence programme. Surrounding the villa, converted historic agricultural buildings—former farmhouses, stables and hunting lodges—house self-contained guest apartments and shared facilities. For this spring retreat, we have 3 stylish Renacchi apartments for our yoga group.

Situated in the hub of the property is a large swimming pool with a pool bar and terrace seating, an outdoor yoga deck, and the San Michele restaurant, where we will have all our meals. The reception area is housed in 'Fattoria' and this building has an indoor yoga space and the gorgeous 'rain pavilion', where will do most of our yoga sessions.



All the retreat details ...

Getting there



ARRIVAL:

Fly into Pisa International Airport on 26 April 2024. Arrive in time for our welcome yoga session at 17:30.

We can assist in arranging group/ private transfers from Pisa airport to Villa Lena. It is a 1 hour drive by car. (Prices range from €35 to €100, depending on the number of people sharing the car).

Alternative airports: Florence; Roma; Milan. (Catch a regional train from these airports to Pisa, and we'll arrange the taxi from there)

DEPARTURE:

We depart after brunch by 11am on 1 May 2024.

As with the arrival, we can assist in arranging group/ private transfers from Villa Lena to Pisa Airport/ train station. It is a 1 hour drive by car (€35 - €100).



Retreat package

WHAT'S INCLUDED

- Five nights accommodation at Villa Lena in Renacchi apartments.
- Brunch and three-course dinner daily. Tea, coffee, spring water and juices.
- Twice-daily yoga classes with Bjørn Jakobsen
- Exclusive workshop with calligrapher and designer, Betty Soldi
- Exclusive workshop with Villa Lena artist-in-resident
- Exclusive workshop with Bjørn - 'How to Create a Sustainable Personal Practice'
- Garden forage and Italian Cooking workshop with Villa Lena chef
- Use of Villa Lena swimming pools, expansive grounds and art spaces.
- Gift bag

NOT INCLUDED

- Transport to/from Villa Lena.
- Alcoholic beverages and soft drinks.
- Lunch (We have a large late brunch after yoga, so you may not need much more food before dinner. Nevertheless, lunch, or light meals are readily available for purchase at San Michele restaurant.)

BOOKING TERMS

- A non-refundable deposit is required to secure your spot.
- The balance payment is due by 15 March 2024.
- If there is an unforeseen circumstance that causes us to postpone the retreat, all payments will be paid forward to new dates, or refunded in a voucher.
- It is strongly advised that you take out travel insurance.



All the options ...

Retreat investment 26 April - 1 May



TWIN/SHARING ROOM

Sharing room p/p
€ 1833

Deposit for sharing p/p
€ 550



SINGLE ROOM

Single room p/p
€ 2333

Deposit for sharing p/p
€ 700



What guests are saying ...

Reviews

“The spring retreat with Bjørn was magical and so much fun! I definitely came back full of energy, happiness and peace of mind. Even though Nina wasn't part of it herself she was always there virtually to look after us and participate from a distance. We really felt taken care of! The group was extremely lovely and I hope we will all meet again one day.”

~ Caroline, 2023

“This retreat was an overall very very positive experience! As I said above: Bjorn a wonderful teacher, an unforgettable location, beautiful views from all different places at Villa Lena (I loved the outside yoga deck) and most important: I came for an inner travel but found friendship, beautiful, colorful people I will never forget! The Yoga sessions were very special, amazing good vibes in the room and positive energy!”

~ Kristina, 2023

“Villa Lena is a truly unique place with unreal surroundings - the Italian landscape combined with amazing yoga classes and the artistic vibe was incredible.”

~ Lene, 2023

*Embark on a creative journey
and get inspired for your
spring season!*

[CLICK HERE TO BOOK](#)





CONTACT US

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