



Yoga + Meditation Retreat 'R E - S E T' | PANTELLERIA ITALY | 28th Sep- 3rd Oct 2024

Pantelleria is a natural open-spa wonderland in southern most Europe, off the coast of Sicily. An alive source of nature, with an un-touristic and wild character, creating an alternative reality that refuses to merge with the more modern world. The island is covered in healing hot springs, lush vegetation of Mediterranean plants, on top of sleeping, dormant volcanoes and mountains, all surrounded by crystal clear blue sea.

A series of connecting yoga and meditation practices, alongside holistic practices and slow-living island days will fully nurture body and mind. Open-air natural hot springs and spas, boat trips, natural wine tastings, hikes and holistic wellbeing treatments, will allow a deep and true reset.

This experience is well worth the extra effort to arrive on this magical island. We look after everything, so you can tune back into you, enjoy rich group experiences, take time for your personal wellbeing and truly relax, restore, reset and re-wild.

THE YOGA CLASS

BY LAURA DODD



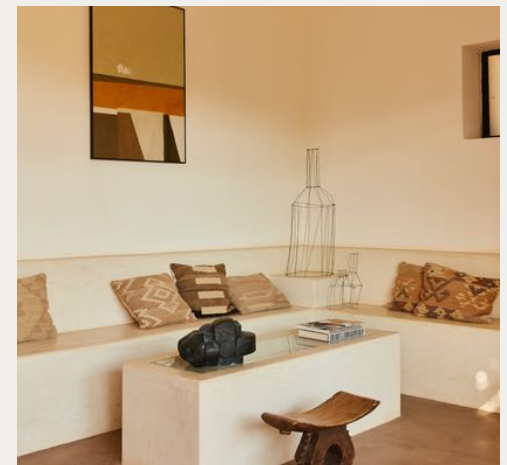
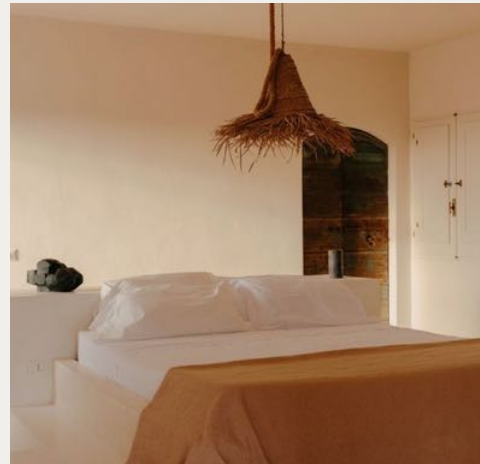
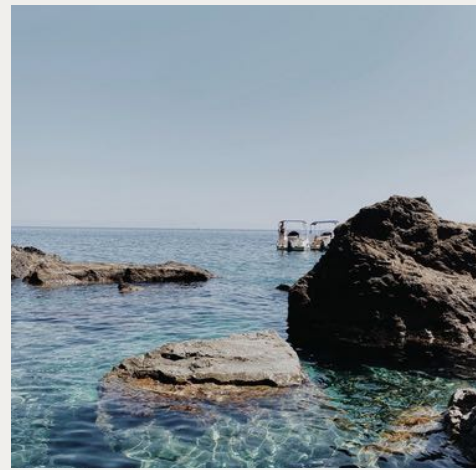
THE LOCATION

A timeless, design-led, luxury property in the heart of the archeological Sesi park in Pantelleria. Overlooking the sunset and Africa, at 200 meters from the sea and surrounded by breathtaking landscape, Art and history.

The property is rooted in sustainability, high-end services and slow luxury. Guests are invited to take their time, to disconnect, to enjoy the island's natural beauty, experience its rich history and culture, and to indulge themselves with small pleasures of life.

The property offers several spacious terraces overlooking the ocean sunset and the northern coast of Africa. Gather together for dining or swimming by the large swimming pool overlooking the sea, or take time for yourself breathing in your surroundings or admiring the untouched mountain scenery. Guests can make full use of the property with its sea view outdoor yoga platforms, indoor yoga studio, spa, circular gardens, hectares of beautiful mediterranean land and outdoor kitchen.

Pantelleria's hot springs and healing mud baths, a personal open air therapeutic spa, rich in minerals, will restore and invigorate our guests.



YOGA + MEDITATION

Your teacher is Laura Dodd, experienced Yoga and Meditation teacher and 'The Yoga Class' Founder.

Laura has won many awards for teaching, Retreats and Digital Studio and App, is a contributing writer to SheerLuxe, Om Yoga Magazine and other top titles, plus teaches and creates events for the best London businesses, brands and locations.

You will be guided through a series of connecting classes, designed to re-balance and re-harmonise body and mind. Beginning with dynamic and flowing morning sessions, either on the sea-view platform or shaded terrace, we will energise, strengthen, release and connect body and mind.

Your evening Yoga and Meditation session will slow down and take you back to centre and into deep relaxation with restorative flows and Yin Yoga, including Meditative and Breath-work elements, either in the serene candle-lit yoga studio or under the starry sky.

A perfect equilibrium of movement and stillness to find harmony and transformation for the body and mind. All levels welcome.







THE ROOMS

Beautiful, harmonious, design-led and relaxing spaces. All the rooms are different one from another, but they were all designed with the same mindfulness. No TV will be found in the rooms and instead books, Art or antics. All rooms have a private ensuite bathroom, complimentary toiletries, towels, hair dryer, AC and heating. Many have outdoor terraces and living spaces.





THE FOOD

Most of the farmer's lands still follow the roman terraces and are traditionally worked by hand, producing homegrown products empowered by the rich and nutritious volcanic soil of the land. Enjoy the sun-dried tomatoes, figs or the perfume of oregano on a freshly caught fish from a local fisherman.

Our vegan cook and Sicilian cook will together propose a delicious, farm-to-table, tasteful and healthy, Italian inspired menu. Featuring family-style vegetarian dishes served on a long stunning table set al fresco. using the most delicious fresh and local Mediterranean produce, to perfect this experience.

As the evening unfolds engage in meaningful conversations with newfound friends, or simply surrender to an early and restful sleep.





THE ITINERARY

PLEASE ENQUIRE REGARDING OUR RECOMMENDED FLIGHT OPTIONS

28th September

3PM Check in- Goodie Bags on arrival

530PM 60 min Evening Welcome circle and post-flight flow

730PM Dinner

29th September

830AM 60 min Dynamic Morning Yoga on sea-view yoga deck

10AM Brunch

1130AM Full Natural Island Spa Day- mud healing lake and hot springs

530PM 60 min Candle-lit Yin Yoga+ Meditation

730PM Dinner

30th September

830AM 60 min Dynamic Morning Yoga on sea-view yoga deck

10AM Brunch

1130AM Relax at sea, property, pool, enjoy a spa day or explore

530PM 60 min Guest Special Mantra and Breath-work

730PM Dinner

1st October

830AM 60 min Dynamic Morning Yoga on sea-view yoga deck

10AM Brunch

1130AM Hike and natural sauna or/ Relax at sea, property, pool or explore

530PM 60 min Candle-lit Yin Yoga+ Meditation

730PM Dinner

2nd October

830AM 60 min Dynamic Morning Yoga on sea-view yoga deck

10AM Brunch

1130AM Optional boat trip or/ Relax at sea, property, pool or explore

530PM 60 min Candle-lit Restorative Yoga Session

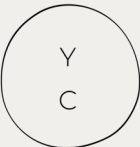
8PM Special venue for a local BBQ Dinner and natural wine tasting

3rd October

8-10AM Breakfast

10AM Check out

2PM Leave property

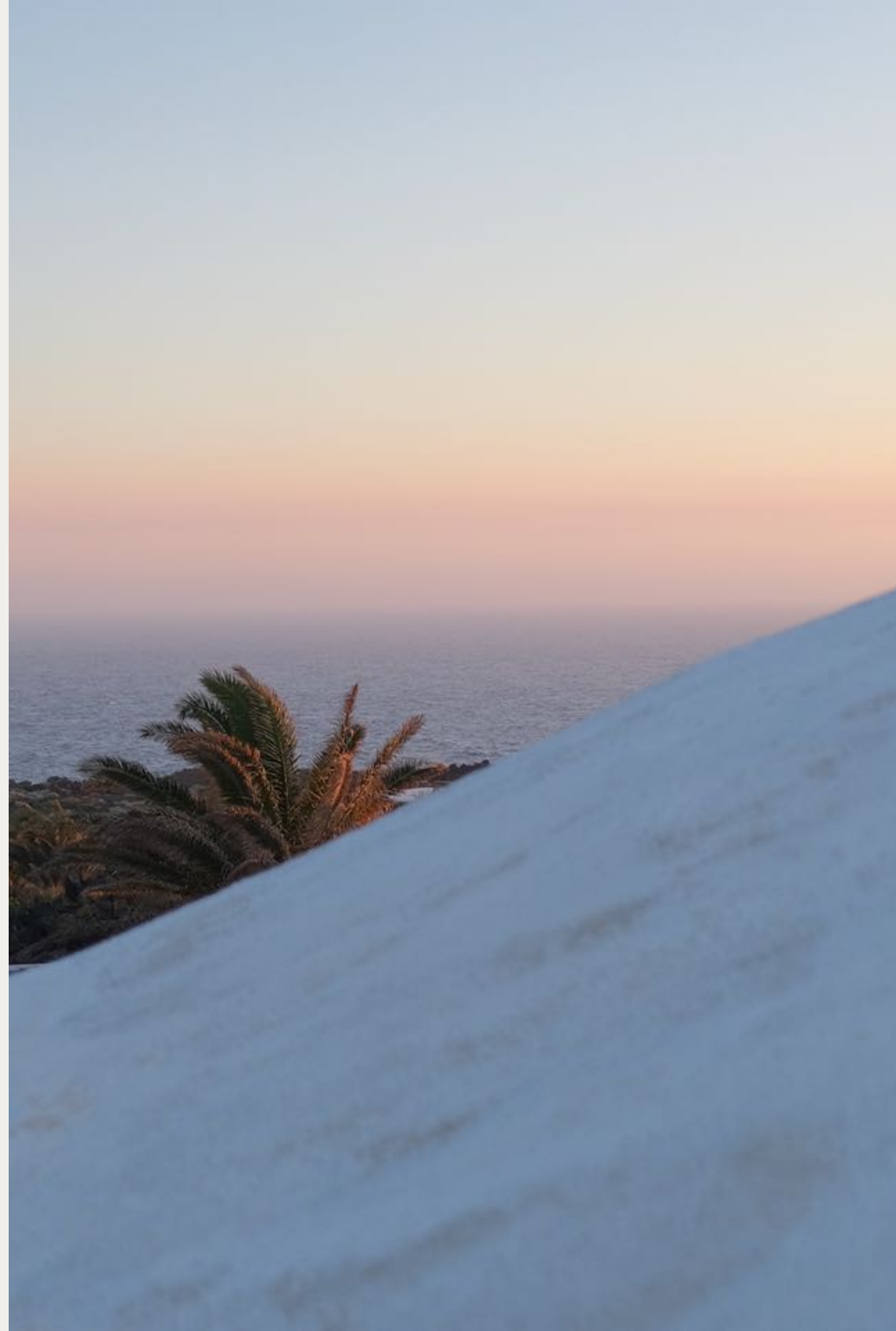


WHATS INCLUDED

- + Twice daily 60 min Yoga + Meditation
- + Luxury ensuite bedroom
- + Farm-to-Table Vegetarian Brunch and Dinner Menu
- + Morning Refreshments and afternoon snacks
- + Full use of retreat property and facilities
- + Transfers from and to the airport
- + BBQ Dinner and natural wine tasting at a special venue
- + Breath-work and mantra guest special
- + Full Natural-Spa day with mud healing lake and hot springs
- + Hike and Natural Sauna Trip
- + Goodie bag packed with sustainable wellness brands

WHATS NOT INCLUDED

- + Flights (currently - £250 ish return from the UK)
- + Optional Boat Trip in crystal clear waters
- + Optional indoor Spa Treatments and Massages
- + Food and drinks outside the above
- + Extra Private Personalised Yoga sessions with Laura (£50)





THE ROOMS

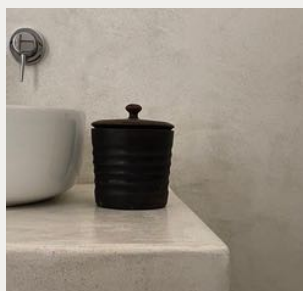
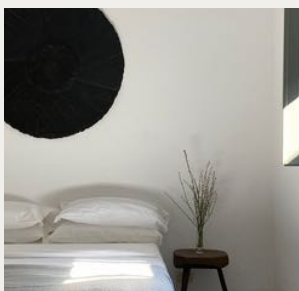
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OSSIDIANA | MASTER SUITE | Double Bed

A spectacular master suite offering breathtaking views to the sea. 55m² with sea view & 8m² terrace, living room, double bed and large ensuite bathroom.

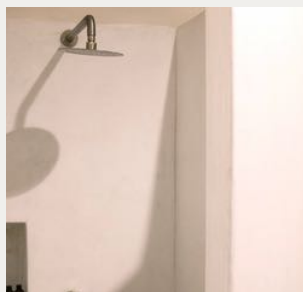
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PIETRA | SUITE- Double Bed or 2 Single Beds

Spacious, 25m², authentic room. The large rooftop terrace, with the most spectacular view. Ensuite bathroom and living room.

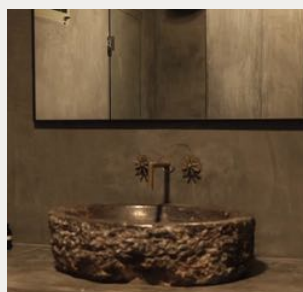
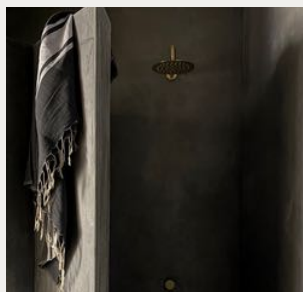
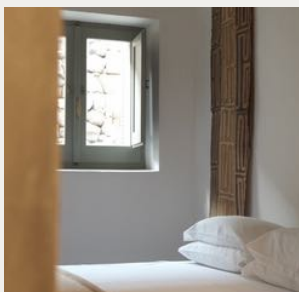
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GELKAMAR | DELUXE BEDROOM | Double Bed

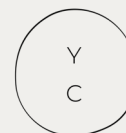
Stylish and comfortable 20 m² deluxe bedroom. Double bed and ensuite shower room.

4



GELFISER | DELUXE BEDROOM | Double Bed or 2 Single Beds

Stylish and comfortable 20 m² deluxe bedroom. Double or Twin beds and ensuite shower room.



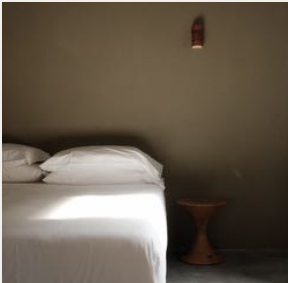
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CAPPERO | DELUXE BEDROOM | Double Bed or 2 Single Beds

Stylish and comfortable 20 m2 deluxe bedroom. Double or Twin beds and ensuite shower room.

6



LAVA | DELUXE BEDROOM | Double Bed or 2 Single Beds

Stylish and comfortable 20 m2 deluxe bedroom. Double or Twin beds and ensuite shower room.

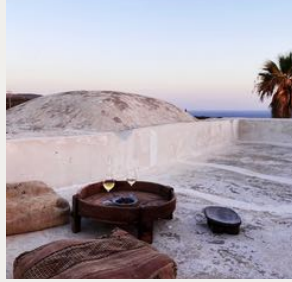
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DAMMUSO 1 | BEDROOM | Double Bed

Part of the main house, the 150 m2 Dammuso; a luxury and stylish home with large indoor living spaces, large lush outdoor spaces including rooftop terrace with sea views. Top floor double bedroom with a sea view and private shower bathroom.

8



DAMMUSO 2 | BEDROOM | Double Bed or 2 Single Beds

Part of the main house, the 150 m2 Dammuso; a luxury and stylish home with large indoor living spaces, large lush outdoor spaces including rooftop terrace with sea views. Baldachin double bedroom with private shower bathroom.



THE PRICES

1 | Master Suite

Solo: £2500 | Early Bird Solo: £2400

2 | Suite

Sharing: £1850 | Early Bird Sharing : £1750

Solo : £2400 | Early Bird Solo : £2300

3-6 | Deluxe Bedrooms

Sharing: £1800 | Early Bird Sharing : £1700

Solo : £2300 | Early Bird Solo : £2200

7-8 | Dammuso Bedrooms

Sharing: £1750 | Early Bird Sharing : £1650

Solo : £2300 | Early Bird Solo : £2200

To secure your booking a 50% deposit is needed and the balance will be paid 40 days before arrival.

Love

Laura

xx

