

RETREAT MONFERRATO / EXPERIENCE COLLECTION

Retreat *Monferrato*

WORKSHOPS · GATHERINGS · RETREATS



OUR APPROACH

What we do

At Retreat Monferrato, we craft meaningful experiences that guide participants towards self-discovery, renewal and relaxation through yoga, holistic practices, creative workshops, coaching and team building.

From serene accommodation to a tranquil, nature-immersed environment, we offer a peaceful backdrop for retreats, seminars and events — for corporate and private groups alike.

The full offering

EXPERIENCE COLLECTION

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A considered collection of practices, encounters and experiences —
shaped around people, place and season.

The Retreat

During our retreats, caring professionals guide practices devoted to wellbeing. Days unfold in a peaceful rhythm, balancing personal introspection with shared activities and genuine connection. Each stay is shaped around the group, creating a distinctive experience that nourishes body, mind and spirit.

TAILORED FOR YOU

Request our detailed retreat brochure and let us help shape an unforgettable experience.





PRACTICE

Yoga

Yoga is an inclusive practice that supports physical and mental wellbeing. Deliberate movement cultivates body awareness, while pranayama and mindful attention help soothe the mind, sharpen focus and meet daily life with greater balance.

OUR OFFERINGS

Weekly group and private lessons · Tailored experiences for private groups · Sunset yoga sessions



MAKE · IMAGINE · EXPLORE

Creative Labs

Reflective, sensory workshops unlock intuition and fresh ideas. Painting, writing, music and tactile making create space for expression, self-discovery and emotional wellbeing.

01 Vision Board Guide

02 Sensory Meditations with essential oils

03 Natural Self-Production

04 Intuitive Art

05 Clay Workshop

ATTENTION AS PRACTICE

Mindfulness

Mindfulness invites us to meet the present moment with awareness, openness and care. Through meditation, conscious breathing and attentive listening, the practice helps calm the mind, release tension and create space for a more balanced response to everyday life.

EXPERIENCES

Courses & workshops · Group sessions · Private groups





EMBODIED EXPRESSION

Conscious Movement & Dance

01

SLOW MOTION

Slow down, listen and move with intention through gentle, fluid gestures.

02

5RHYTHMS

Travel through five dynamic rhythms, opening space for release and renewed energy.

03

ECSTATIC DANCE

Follow the music without fixed steps and rediscover freedom through authentic movement.

RITUAL & TASTE

Cacao Experience

A sensory journey through the subtle aromatic notes of cacao. This experience awakens the senses and invites the heart to explore new possibilities through chocolate created by LIM Chocolate according to a genuine, sustainable bean-to-bar philosophy.



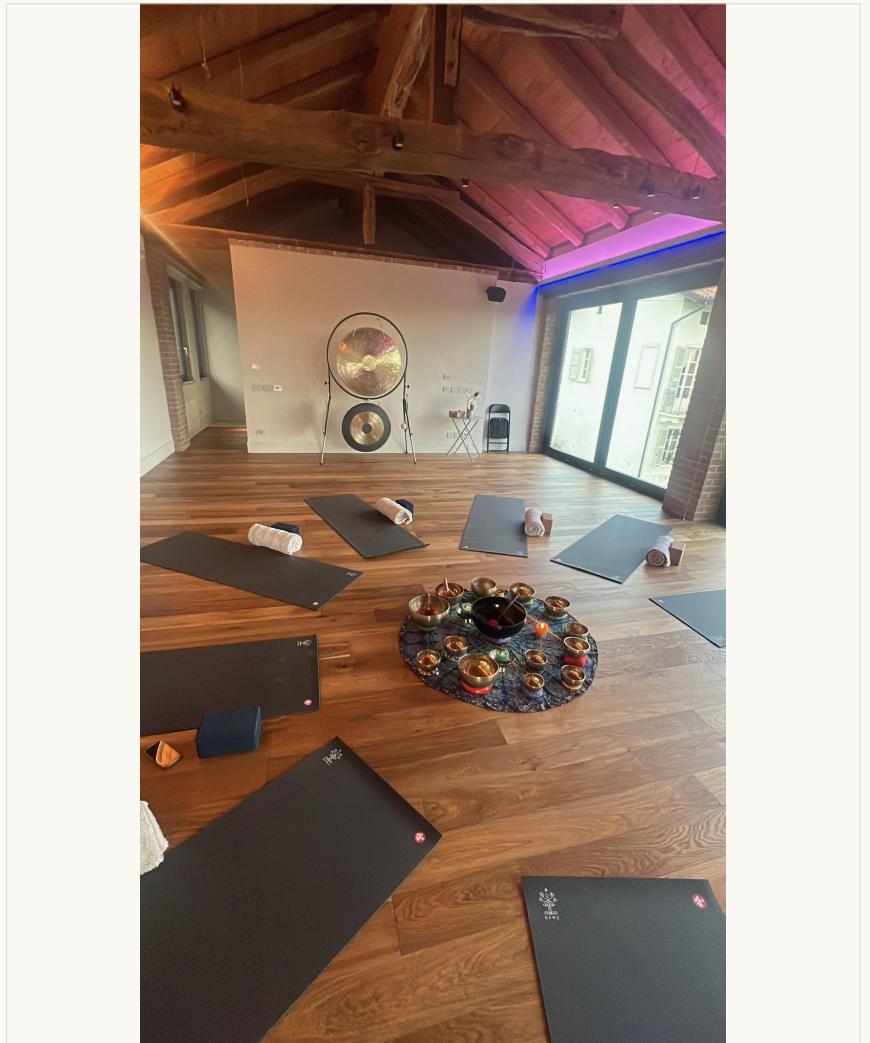
LISTEN DEEPLY

Sound & Vibrational Therapy

Sound opens a pathway to deep relaxation, meditation and inner balance. Vibrations move through body and mind, helping release tension and create a calm space for listening.

EXPERIENCES

Sound baths · Tibetan singing bowls ·
Tuning forks · Audio Vitality · Color
Vibration



WATER AS RESONANCE

Underwater acoustic sound therapy

In the heated pool, subaquatic speakers surround the body with sound and vibration for a deeply sensory, restorative experience.



SYSTEMIC PERSPECTIVE

Family Constellations

A systemic approach developed by Bert Hellinger, Family Constellations can reveal hidden dynamics within families and relationships. Through a guided representation process, participants gain perspective on recurring patterns, opening space for understanding, acceptance and change.

Team Building

Team-building experiences strengthen communication, trust and collaboration. Structured, engaging activities cultivate problem-solving and leadership skills while creating a positive environment in which every participant feels valued and essential to shared success.

SHARED PURPOSE

Strategic coaching and holistic activities designed to connect people and unlock collective potential.





BEYOND THE RETREAT

Monferrato Activities

Explore a landscape shaped by vineyards, woodland, local craft and generous food culture.

01 HIKING

Quiet trails through vineyards, hills and woodland.

02 E-BIKE & BIKE TOURS

Guided routes shaped around your group and pace.

03 FOOD & WINE

Local tastings and seasonal encounters.

04 LOCAL PRODUCERS

Visits to farm-to-table producers and artisans.

05 HORSEBACK & SOMATIC EXPERIENCE

Somatic Work with Horses

06 CASTLES OF MONFERRATO

Monferrato Castles & Villages

07 A DAY IN TURIN

Turin Day Experience

NOW OPEN

Wellness Sanctuary & Spa

A restorative space for warmth, water and touch. Slow down through treatments and rituals designed to release tension and renew the senses.

AYURVEDIC

Abhyanga · Shirodhara · Pindasweda

MASSAGE

Relaxing · Deep tissue · Californian · Lomi Lomi

RITUALS

Scrubs · Essential oils · Beauty treatments

THERMAL

Sauna · Hammam · Jacuzzi · Heated pool





WALK · LISTEN · GATHER

Mindful Walks & Forest Ceremonies

Walk slowly through the Monferrato landscape in shared silence, allowing the senses to open to the living world. Guided pauses invite reflection, breath and a more attentive connection with the land.

On request, the walk may become a woodland ceremony — a simple, carefully held moment for intention, transition, gratitude or connection.



GATHER AROUND THE TABLE

Mindfulness & Cooking

COOK WITH ALL YOUR SENSES

A tactile journey through aroma, texture and taste.

FEEL THE FOOD

Reconnect with ingredients, seasonality and preparation.

BLIND EXPERIENCE

Explore flavour beyond sight and familiar expectations.

THE ART OF COOKING

Learn technique while honouring simplicity and wellbeing.

FOOD & COMMUNITY

Create, share and celebrate a meal together.

CULINARY TEAM BUILDING

A shared challenge designed to strengthen communication, trust and collaboration.



MOVEMENT · CALM · NATURE

Silent Experiences

Immersive shared practices delivered through wireless headphones — each guest enters a personal sound world while remaining connected to the group, landscape and moment.

MOVEMENT

Silent Disco

poolside or beneath the stars

Silent Ecstatic Dance

guided free-form movement

Silent Yoga / Yoga in Sound

immersive practice

Silent Movement / Conscious Movement

CALM & INNER WORK

Silent Sound Bath / Sound Journey

Guided Meditation

Breathwork Session

Silent Journaling with ambient soundscapes

NATURE & PLACE

Silent Nature Walk / Sound Walk

Sunrise / Sunset Session

Available as a standalone experience or woven into a retreat programme.

Concept visuals based on Retreat Monferrato photos

BEGIN THE CONVERSATION

Let us shape your time here.

We create personalised retreats, workshops and gatherings in the heart of Monferrato. Tell us what you are imagining; our team will help shape the experience around your people, purpose and pace.

RETREATS · WORKSHOPS · EXPERIENCES

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COACHING · TEAM BUILDING

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Choose your experience.

Select any activity to open the online request form with your choice already marked.

☐ The Retreat

☐ Yoga

☐ Creative Labs

☐ Mindfulness

☐ Conscious Movement & Dance

☐ Cacao Experience

☐ Sound & Vibrational Therapy

☐ Silent Experiences

☐ Family Constellations

☐ Team Building

☐ Wellness Sanctuary & Spa

☐ Mindful Walks & Forest Ceremonies

☐ Mindfulness & Cooking Experiences

☐ Hiking

☐ E-Bike & Bike Tours

☐ Food & Wine

☐ Local Producers

☐ Horseback & Somatic Experience

☐ Somatic Work with Horses

☐ Castles of Monferrato

☐ Monferrato Castles & Villages

☐ A Day in Turin

☐ Turin Day Experience

OPEN THE SELECTION FORM →

We will reply personally with a tailored proposal.