

# A Yoga & Sound Holiday in The Umbrian Hills of Italy



Join Jake and I, as we host a very special yoga and sound healing holiday. Based at this stunning 18th Century Villa, in the Umbrian hills overlooking Lake Trasimeno. A very special place close to our hearts

Dates: 2024 TBC\*

You'll be treated to a nourishing week of yoga, sound healing, delicious locally sourced food prepared by a highly skilled chef, day trips and culture!

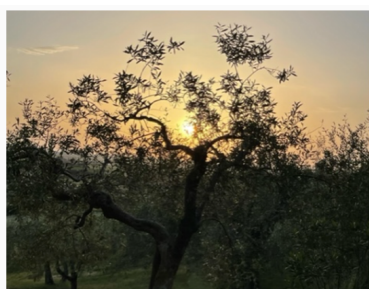
Our family have spent the past 35+ years getting to know this magical medieval hilltop village of Panicale and surrounding areas in Umbria and Tuscany.

The Villa is truly spectacular and individual, set at the base of Panicale, surrounded by acres of beautiful gardens and olive groves. Each room has its own theme, many with bespoke painted frescoes. It's the perfect and most beautiful setting to deepen your yoga and meditation practice and soak up the Italian way of life. The Villa owner Emma is so welcoming and is a Yoga Teacher herself too.

Jake and I shared this very special villa with our family and dearest friends when we got married, so we know it well and can't wait to share it with you!

There is so much to do in Umbria (more info below) that this holiday will suit those who do yoga and those who don't :) So do feel free to bring your partner or invite a friend along.

The villa also has its own private pool, so if you are looking to cocoon yourself away for the week, the villa is a perfect venue for that too! You are free to make this the holiday that you want :)

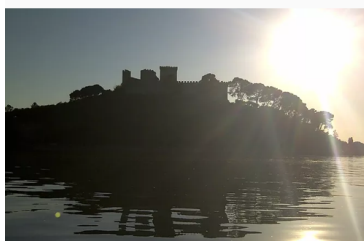


## Your time away will consist of:

- Six nights, seven days stay in the stunning 18th Century mansion villa\*
- Daily morning and evening Yoga\*. A mixture of Yin Yang, Gentle, Restorative, Meditation, Yoga Nidra and Sound Baths\*. If you are saying to yourself "ooff, that's too much yoga for me!" please don't worry. The time away allows us plenty of time to gradually build up our practice, with options to stay gentle or challenge ourselves. You might just surprise yourself by the end of the week. It can be truly transformational :) But all classes are optional so you can pick as and when you want to join in
- Delicious locally sourced Italian food is provided by Jake (Melé's Husband), a professional chef with over 30 years of experience
- Poolside, garden and olive grove time

## Optional Excursions\*

- A trip to Panicale, a stunning hilltop medieval hamlet. With gorgeous views over Lake Trasimeno, restaurants, bars, art gallery, lace museum and theatre
- A trip to Castiglione del Lago, a larger town beside Lake Trasimeno. With a beach, bars, restaurants and funky shops
- Day trip to the stunning natural thermal healing springs, pool and town of Bagno Vignoni (Trips are weather permitting. Restaurant dining excluded.)\*



## The Yoga

Over the week we'll practice 90 minutes of Yin Yang Yoga in the morning, followed by a delicious brunch. Evening yoga will be a chilled 80-minute practice, over five evenings\*. Some sessions will end with a sound bath.

The yoga will be a mixture of Yin Yang, Hatha, Mindful Flow and Restorative to keep things interesting and balanced. As well as Yoga Asana, we'll delve into Pranayama (breathwork), Meditation, Yoga Nidra. I'll also pepper in some philosophy and anatomy too.

We have a number of beautiful places to practice from the various gardens, by the pool or on the terrace overlooking the Umbrian hills, Lake Trasimeno and stunning sunsets. Beneath the historical enchanting Frescoed ceilings within the villa, under the candlelit vaulted ceilings or in the grounds very own chapel. PTO....



## The Food @ The Villa

Hi I'm Jake, AKA Hubby, AKA Chef,

Welcome to Villa kitchen!

As we journey through the week, there will be surprise chilled snacks, funky fridge fillers, as well as Brunch time fuel and relaxed evening two-course dining. We are surrounded by some of the best produce Europe has to offer!

We have been coming to Panicale and surrounding areas for over 35 years now and we still miss it when we're not there.

Chefs from all over the globe travel to this part of Italy for its amazing local produce, cheeses, truffles, wines and food festivals and seasonal vegetables all thanks to Umbria's golden soil!!

Did I mention the mushrooms!?!?

You are truly in for a rustic Umbrian treat!

Although you'll be in Italy, I'll be keeping your food options global. A balance of textures, spices and influences from Italy and beyond will be appearing on your plate.

Please talk to us regarding any dietary needs you may have and we will make sure they are taken into account

See you soon

Jake Beretta

Chef Owner, Beretta Catering And Hubby to Melé Yoga



## The Villa

The Villa is a grand and charming house at the foothills of Panicale. It's spacious with 10+ bedrooms, multiple sitting rooms and kitchens, beautifully manicured gardens, a private pool and olive groves. We have multiple spaces to practise Yoga, including a stunning frescoed room, under the shade of the trees and beside the pool, the Terrace is a magical spot for sunset meditations and the historic arches of the cellar are perfect for candle-lit restorative and Yoga Nidra.



## Holiday costs\*:

Prices range from £1,860 - £2,180 Per Person \*

A £1,000 single occupancy or £500 Per Person for shared occupancy, non-refundable deposit is required to secure your room \*

Full payment is due by 1st February 2024 via bank transfer

Can't make this Holiday? Sign up for my newsletter to hear about future holidays or pop us an email

## How to book your space:

Review the various room suite options on my website, select an available suite and email the suite number and whether you will be single or double occupancy to: [mel@meleyoga.com](mailto:mel@meleyoga.com)

If you are looking for someone to share with let us know.

We'll check availability and confirm the details so you can make the transfer for the deposit to confirm your booking.

\* Subject to change. Terms apply, see [www.meleyoga.com](http://www.meleyoga.com) for more details

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