

3 - 8 October 2024



Tuscany Retreat



Gather your Autumn harvest in the Tuscan countryside



As the rust tones of Autumn flicker and dance across the rolling hills of Tuscany, you are invited to a creative gathering with like-minded yogis, artists, writers and dreamers at Villa Lena.

The majestic 17th century villa is situated in quintessential Tuscan countryside and on an organic farm, enlivened by the interplay between nature and contemporary art. This retreat embraces the abundance of harvest time, offering a balance between exclusive creative workshops, truffle-hunting and autumn cooking experiences, daily yoga, and restoration.



Your InRetreat guide



Nina Butler

Nina grew up in the South African wilderness roaming barefoot beneath sunny skies, in awe of earth's wonders. She was a high-school drop-out who traded the classroom for a yacht skipper's qualification, and started working on private yachts in the Mediterranean at 16 years old. This was the ultimate 'university of life' that led her into various culinary, viticultural, spiritual and artistic pursuits around the world.

She did eventually navigate back to formal education, and defended a Doctorate in Philosophy in 2015. Soon thereafter, she launched a start-up offering bespoke, multilingual yoga trainings online. This flowered into an in-person yoga travel and adventure experience business, and various consulting opportunities in brand strategy and communication. Nina is currently based in Oslo, Norway.

Anticipate a journey ...



TRUFFLE HUNT & COOKING CLASS

Autumn is the time when truffles are ready to be harvested. The area that Villa Lena is situated in is famous for its highest quality, delicious and large truffle yield. People travel from far and wide for this annual ritual. Our group will have a guided truffle hunt in the countryside, followed by a pasta-making cooking class (including truffle of course!).

CALLIGRAPHY WITH BETTY

Firenze-based calligrapher and designer, Betty Soldi, will be leading us on an exclusive creative workshop, linked to the retreat theme of 'destruction and rebirth'. We'll explore how the 'learnt' restrictions of our writing styles impact our way of being in body and mind. We'll get to destroy this learning, making space for new inky flourishes and transformations!



YOGA IMMERSION

We have two yoga spaces for this retreat, one is a light and airy room in the main Villa, with views onto verdant gardens. The second is a yoga deck behind the Villa swimming pool area that has stunning views over rolling Tuscan hills, vineyards and olive groves. Yoga classes twice daily alternate between yoga spaces.



ART WORKSHOPS

Villa Lena is not just a countryside lodge, hotel and farm. It is also a non-profit art foundation that runs an artist residency programme. Villa Lena supports emerging and young artists through this residency programme, and our yoga retreat group will have one exclusive creative workshop with a professional artist!

ORGANIC WINE TASTING

Villa Lena produce a range of organic wines. There are two red varieties, and one sparkling rosé. The sangiovese red wines are grown in vineyards on the Villa Lena property, and the rosé combines local grapes with Villa Lena's crop to create a creamy, fresh, blushing, any-time delightful wine. We get to taste all!



CREATIVE LIVING

Our group will be staying in the 17th century converted farmhouse, Renacchi. Through innovative and stylish renovations, the historic countryside architecture has been transformed into a series of light, stylish and comfortable apartments. All rooms have original artworks, and antique furniture. Renacchi is 7min walk from the main hub, so promises us privacy and serenity.



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. Autumn temperatures range from min. 15°C / 59°F to max. 27°C / 81°F.

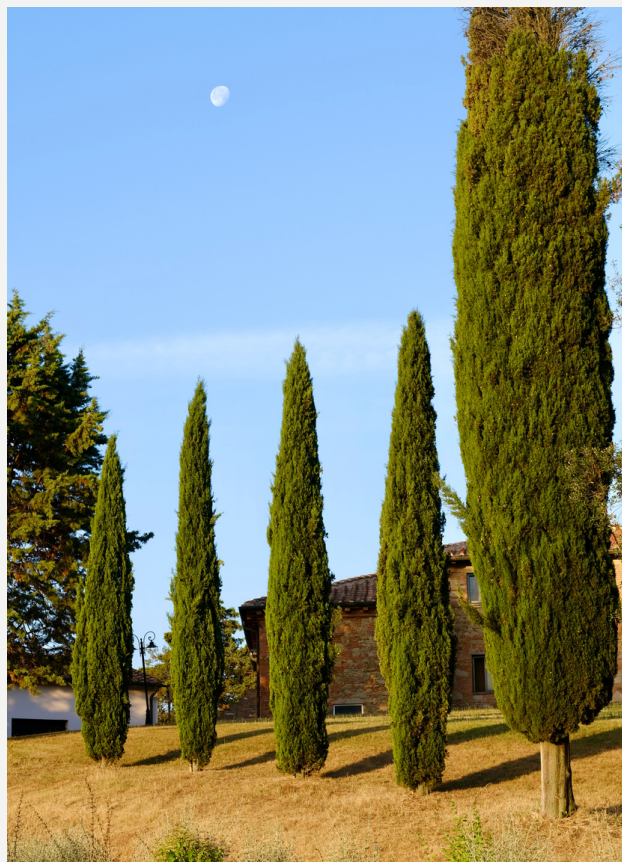


Your accommodation:

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 3 October. Opening welcome dinner at 7pm.

We can assist in arranging group/ private transfers from Pisa airport to Villa Lena. It is a 40min drive by car. (Prices range from €30 to €80, depending on the number of people sharing the car).

Alternative airports: Florence; Rome; Milan (catch a regional train from there to Pisa centrale, and we'll arrange a taxi from there).

DEPARTURE

We depart after brunch by 11am on 8 October.

We can assist in arranging group/ private transfers from Villa Lena to Pisa Airport. It is a 40min drive by car.



Retreat package

WHAT'S INCLUDED

- 5 nights of accommodation at Villa Lena
- Brunch and three-course dinner daily
- Yoga classes with Nina Butler, twice-daily
- Exclusive calligraphy workshop with Betty Soldi.
- Exclusive creative workshop with professional artist-in-residency
- Truffle hunt and pasta-making workshop, followed by truffle pasta lunch!
- Villa Lena wine-tasting experience
- Use of Villa Lena swimming pools, expansive grounds and art spaces.

NOT INCLUDED

- Transport to/from Villa Lena
- Alcoholic and other beverages
- Lunch (We have a large late brunch after yoga, so you may not need much more food.)
- Visas

BOOKING TERMS

- A non-refundable deposit is required to secure your spot.
- The balance payment is due by 3 August 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.



What guests are saying ...

Reviews

“I was travelling alone on this trip so was a little nervous, but almost everyone else was also travelling alone. Nina and the staff at Villa Lena quickly put us at ease and we bonded so well. It was restful, exciting, fun, supportive, magical. And more.”

~ Jane, 2022

“I did the Villa Lena retreat with Nina in Autumn 2022. It was the most harmonious and enjoyable 5 days I’ve ever spent with strangers. I attribute that to the environment Nina built. She created safe spaces for us to exert ourselves physically and emotionally - the result was organic intimacy and accelerated friendship amongst our group of 12 wonderful women. She has amazing attention to detail re: logistics and choosing beautiful accommodations. She creates diverse itineraries. And I didn’t even mention the most poetic, rejuvenating yoga! I’m booking Kenya with her in 2023.”

~ Chelsea, 2022

“A retreat fully packed with inspiring experiences. are truly transforming journey. a good balance between relaxation and inspiration in a most beautiful place.”

~ Anja, 2023

*Celebrate the transitional season
of Autumn by delving into
creative impulses and more ...*

[CLICK HERE TO BOOK](#)





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