

9-13 October 2024



Northern Italy Retreat



*Escape to a charming
villa and hydro spa
surrounded by ancient
forests*



Relax and reset in the restful and fragrant countryside setting of Corte San Ruffillo, a family-owned boutique hotel, organic farm and hydro spa. Delight the senses over 4 nights with aromatherapy workshops led by botanical brand owner, Rasa Gundersen, and acclaimed senior yoga instructor, Eilin Ma Dalby. This retreat is a delightful dance between movement, natural science, scent art, relaxation, community, Italian food, and luxe spa time. You are invited to journey back in time to a historic villa and ancient forest, to slow down and retreat from the pressures of everyday life, and explore the ways in which plant medicine and our intuitive connection with nature can heal and reawaken us.



Your InRetreat guides



Eilin Ma Dalby

Eilin is a half Norwegian, half Chinese yoga instructor based in Oslo where she lives with her family of four. Eilin is a registered yoga teacher (E-RYT 500, YACEP) through the globally renowned Yoga Alliance, and currently works as Product Co-ordinator at SATS, the biggest fitness chain in the Nordics. At SATS Eilin leads the 200 hrs Vinyasa Yoga Teacher Trainings (RYS 200) as well as facilitating hugely popular weekly classes and workshops. Eilin also produces content for SATS ONLINE (former MENTRA). Eilin's classes are distinctly playful and open, with a warm, inviting atmosphere. Eilin is a talented 'mover', who integrates functional mobility and other movement principles into classes.



Rasa Gundersen

Rasa Gundersen is a Lithuanian perfumer, gardener and health specialist. She has BA in Holistic Health Education and specialized in the various fields of natural nutrition, immunity and perfumery. She studied scent at Grasse Institute of Perfumery and Isipca, Versailles. Rasa founded NATURELES in Oslo in 2006 with a purpose to bring holistic health awareness towards our lifestyles.

Today she collaborates on scent-related programs for wellness brands, installations for art galleries, and development of her own collections. Rasa grows and distillates medicinal fragrant plants in nordic and mediterranean gardens. For InRetreat collaborations, Rasa will guide you natural health and ways to improve wellness and immunity by using natural remedies.

Anticipate a journey ...



AROMATHERAPY WORKSHOPS

Delight in exclusive aromatherapy workshops facilitated by Rasa Gundersen, owner of NATURELES, a renowned Norwegian botanicals brand. Rasa will lead you on a sensory journey, sharing insights on the science and magic of aromatherapy, revealing her methods and approaches to scent art, and guiding you to create your own healing aromatherapy products.

SOOTHING YOGA

Eilin Ma Dalby is a master yoga instructor and teacher trainer from Oslo, with an accessible and playful approach to her innovative yoga sessions. Eilin will guide you through exclusive Vinyasa, yin and aroma yoga classes morning and evening that welcome all bodies and experience levels. All the sessions will be held in a peaceful and inspiring environment, with views over the forest.



A HISTORIC VILLA

Our retreat venue is a listed 17th century villa that has been tastefully restored to blend the original stone walls and pressed ceilings with the clean lines, light and luxe functionality of modern architecture. All the suites have unique decor and character, with large windows revealing lush countryside. There are several calming lounges and chill spots for you to share time with others, or to curl up with a book and let the hours drift by



A HYDRO SPA

Delight in the luxury of an on-site hydro spa with jacuzzis, steam and sauna rooms, emotional showers and cold plunges. There is an enticing spa menu, with an array of massages and delicious treatments bookable upon request. Enjoy the tranquility of a forested countryside environment to let the healing benefits of a hydro-spa percolate in the body and mind.

AN ORGANIC FARM & VINEYARD

The family-owned villa boasts an organic orto ('garden') with fruit trees and vegetables, as well as vineyards and olive groves. The chefs integrate seasonal, organic produce from the orto, as well as from other regional producers, into the menu. Everything from cheeses, pastries, cured meats, preserves and delicacies are locally sourced. Corte San Ruffillo takes great pride in their high quality winery and olive products.



RELAX & RESET

Thrive over 5 days of a carefully curated experience. All aspects of this retreat have been planned to best facilitate relaxation and realignment in your body, mind and spirit. You are invited by Eilin & Rasa to rest, chillout, charge up, renew, rejuvenate, nurture, explore through body and senses. Be reminded of the child-like curiosity and wonder for the world, delight in the now and connecting to nature and the community!



Retreat location

Emilia-Romagna, Northern Italy

Emilia-Romagna is an administrative region in northern Italy that is famed for its quality stoned fruits, cheese production and cured meats, as well as its picturesque countryside, proud history and contemporary luxury automobile industry (the home of Ferrari, Lamborghini, Maserati and Ducati). There are no less than eleven UNESCO heritage sites in the region which contains the Romanesque and Renaissance cities of Modena, Parma and Ferrara, as well as the capital Bologna, home to the oldest university in the world. Emilia-Romagna remains unspoiled by tourism in comparison to other regions in Italy, and yet is one of the wealthiest and culturally rich regions in Europe.

Expect average temperatures in October: maximum 25°C / 77°F - minimum 10°C / 50°F.



Your accommodation

Corte San Ruffillo

Corte San Ruffillo is a family-owned and run boutique hotel, function venue, hydro spa and organic farm. Owners Sara and Luca are a charismatic and multi-talented team, blending their expertise in architecture and landscaping with their passion for the history and heritage of the region to create an inviting and unique experience. The fine buildings whisper of history in a music perfectly in tune with that of the surrounding forests. You will wander through 200-year old cypresses, lime and chestnut trees, oaks, hedgerows and shrubs. It is roughly an hour from Bologna airport and yet feels worlds away; the perfect location for an aromatherapy and yoga retreat!

There are just 14 suites onsite, with large, airy function rooms and quiet, cozy nooks.



Retreat theme

Aromatherapy & yoga

This retreat is facilitated by Rasa and Eilin - two exceptional specialists in naturopathy and yoga who have been working together on workshops, special events and weekly classes in Oslo.

Over this retreat we will learn how to use natural remedies and scents for relaxation, wellbeing and inner radiance. You will be introduced to exclusive palette of botanical ingredients (essential oils, absolutes, hydrolates, and concretes). Rasa will assist you in composing aromatherapy products that reflect the needs of your personality. Together we will learn how scents and plant remedies can benefit to better lifestyle, psychology and all bodily systems, with a focus on:

- **Nervous system.** Relaxing, calming and sedative functions of natural scent.
- **Immunity.** How to boost your bodily defence system lifestyle by adding bee products, herbal remedies and scents that protect your health.
- **Hormonal system.** How to balance levels by using scent, herbal remedies and smart daily choices that helps you to reduce stress.
- **Beauty and self care.** Uplifting and restoring effects of aromatherapy. How to use natural remedies for rejuvenation of your spiritual wellbeing, mind and body.

These participatory workshops will last 2 hrs. every day on retreat. No previous education is required. All ingredients we use are included into total price of the retreat. Workshop themes will be explored in unison with the yoga and meditation sessions led by Eilin.





All the retreat details ...

Getting there

ARRIVAL

Fly into Guglielmo Marconi Bologna Airport (BLQ) on 9 October by 13:00. There is a private van transfer from the airport to the retreat venue departing at 13:30. If you choose to fly or train into Bologna later in the day, you will have to make your way to the venue via taxi, which we can help you arrange. Check in over the afternoon. The retreat begins by 5pm with an opening circle and first aroma experience before a welcome dinner.

If flights to Bologna are not available to you, consider Florence (FLR) or Milan (MXP) airport as an alternative. You can catch regional trains from there to Bologna airport and if you arrive prior to 13:30 please join the included private van transfer to the venue.

If you are flying in from Oslo, join Eilin and Rasa on a recommend flight: Lufthansa LH2457 & LH9482 - Departing OSL at 07:25, routing through Munich, and arriving at BLQ at 12:40 on 9 October.

DEPARTURE

The retreat ends on 13 October after a rise & shine yoga session and breakfast. Check out from your room by 11:00. If you would like to stay on at the venue over the day, you can leave your bag at reception and make use of the pool, restaurant, spa and grounds. The private van transfer to Bologna airport will depart at 14:45.

The recommended flight Eilin and Rasa will be on from Bologna back to Oslo is as follows: Lufthansa LH289 & LH864 - Departing BLQ at 18:25, routing through Frankfurt, and arriving at OSL at 23:50 on 13 October.



Retreat package

WHAT'S INCLUDED

- 4 nights luxury en-suite accommodation
- Breakfast, lunch and 3 course dinner
- Aromatherapy workshops over 3 days with Rasa
- Yoga & meditation sessions daily with Eilin
- 2.5 hours hydro spa access
- Transfers to/from Bologna airport
- Gift bag

NOT INCLUDED

- Travel to/from Bologna airport
- Visas
- Beverages other than water, tea and coffee
- Spa treatments
- Tips and Gratuities

BOOKING TERMS

- The deposit is non-refundable and required to secure your spot
- The balance payment is due by 1 September 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.





CONTACT US

nina@inretreat.co

+4792206221

inretreat.co