

10 - 14 October 2024



UMBRIA RETREAT



Escape to an ancient castle in the fragrant Italian countryside



Discover a restored medieval castle set amongst vineyards and olive groves in the verdant Umbrian countryside, for a yoga, perfumery and culinary holiday.

As we heighten our senses through a perfumery masterclass, we ground our bodies and purify the breath through healing and uplifting yoga. Taste the vibrant flavours of Umbrian food and wine and savour lingering sunsets from your private terrace, or the secluded pool. Awaken your senses through perfumery, yoga and meditation, and restore your energy reserves beneath warm sunshine and starlit nights.



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 ...



3-DAY PERFUME-MAKING COURSE

Founder and natural perfumer at PORCELAIN, Stine Hoff will lead us on an exclusive 3-day journey of scent and memory. Each of us will learn how to design our own signature scent using natural, premium-grade materials and botanical ingredients. Take your own perfume home with you to treasure!

OUR OWN MEDIEVAL VILLAGE

Step back in time and explore the thousand year old streets encompassing Roman walls and ancient buildings. Saragano is an entire village set amongst vineyards and olive groves that has been restored and transformed into a sustainable, tasteful sanctuary. We will engage in the cultural passion of archery with master archer, Francesco!



MINDFUL MOVEMENT

We begin each day with an uplifting dose of Hatha Vinyasa, and end the day with a mellow Yin yoga and meditation session. Nina's classes encourage everyone to get out of their minds and into their bodies; moving like this feels nourishing, energising and fun! You'll be ready to taste, savour and experience Umbria!



UMBRIA VINEYARD TOUR

Discover the unique culture and art of winemaking in Umbria. Some of Italy's most prized and distinctive varieties come from this area, notably Sagrantino Montefalco. We will visit a local winery for a tour and tasting. Apply your refined nose from the perfumery masterclass to your wine tasting experience!

GORGEOUS SUITES

All the rooms at Aethos Saragano are uniquely decorated with a distinctive Italian flare that effortlessly blends the past and present. The suites are dotted across the medieval town village, which ensures they are spacious and provide plenty of privacy. Choose from 3 suite grades, with sharing and single options.



CONSCIOUS LIVING

Aethos originates out of the intention to provide freedom from the stresses and anxieties of modern life. Saragano is a sanctuary of well-being and connection to nature. At every level, there is a commitment to sustainability and the benefits of the environment. This is especially the case in their acclaimed slow food restaurant, CECI.



Retreat location:

Umbria

Umbria is known as the green heart of Italy because of its central location and the fact that it is relatively unspoiled by modern tourism. Umbria is still largely agrarian, and contains vast stretches of tangled indigenous forest over rolling hills. Like all of Italy, it is steeped in history, and buildings here date back to pre-Roman times. The earthy paganism of ancient times is palpable in the walls of Aethos Saragano. This area of Umbria is famed for its delicious wine - Sagrantino di Montefalco (red) and Grechetto (white) are registered Denominazione di origine controllata, which means that they are typical varieties of notable quality unique to this geographic location.

Saragano is neighbour to an award-winning vineyard, Tenuta di Saragano, the owners of which have been living on their land in this area since the 13th century. Temperatures in Autumn range from min. 10 °C / 30 °F to max. 25 °C/ 77 °F.



Your accommodation:

Saragano

Immersed in authentic Umbrian charm and nestled between olive groves and Sagrantino vineyards is an ancient fortress, known in Umbria as a 'borgo'. Aethos Saragano is an entire village that was completely restored and brought back to its original splendour. There are 15 tastefully decorated suites, scattered throughout the village, all blending contemporary style with vintage touches. Many of the suites have private terraces, breath-taking views and cozy fireplaces. The pool and deck area is an oasis at the heart of the village, and is kept entirely private for Saragano guests. Aethos is committed to sustainable tourism; eco-friendly practices are utilised in the running of the hotel wherever possible.



All the retreat details ...

Getting there



ARRIVAL:

The closest airport to Saragano is Perugia San Francesco d'Assisi Airport (PEG). Other airport options are Florence Airport Peretola (FLR), or Leonardo da Vinci-Fiumicino Airport in Rome (FCO).

If you arrive at Perugia airport, it is just a short taxi from the airport to Saragano, which can be arranged for you. If you fly into another airport in Italy, you can also use the train services to Perugia train station, and then we can organise a short taxi for you from the train station to Saragano.

The Italian train system is extensive and consistent. You can get to Perugia from Rome in about 3 hours. The trains are comfortable and conductors and train staff speak English.

We will meet for a welcome dinner at 7 pm. Arrival anytime from 3pm.

DEPARTURE:

We say farewell to new and old friends after yoga and brunch. Checkout is 11am. Nina will assist in facilitating taxis and taxi sharing options to get from Saragano to Perugia train station and/or airport for your onward travel.

Retreat package

WHAT'S INCLUDED

- 4 nights ensuite accommodation at Aethos Saragano
- Daily breakfast and lunch at CECI restaurant
- Daily 3 course dinner at CECI restaurant
- Yoga and meditation daily with Nina
- Archery masterclass
- Exclusive 6 hr perfumery masterclass with Stine of Porcelain over 3 consecutive days
- Exclusive wine tasting tour to local vineyard
- All tourist taxes

NOT INCLUDED

- Flights and travel to/from Saragano
- Visas
- Alcoholic beverages (wine on the vineyard tour is of course included!)
- Gratuities

BOOKING TERMS

- A non-refundable deposit is required to secure your spot.
- The balance payment is due by 10 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.



All the options ...

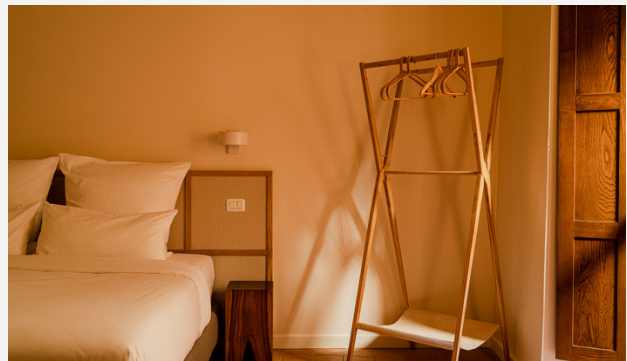
Retreat investment 10 - 14 Oct



TWIN/SHARING ROOM

Sharing room p/p
€ 1790

Deposit for sharing p/p
€ 540



SINGLE ROOM

Single room p/p
€ 2190

Deposit for sharing p/p
€ 660



What guests are saying ...

Reviews

"A retreat in a beautiful country where the yoga classes and perfume making made the trip an experience I'll never forget. The food and wine tasting gave the trip an extra feeling of joy and pleasure."

~ Kirstin, 2022

"This was a long weekend of nourishment and fellowship in the tranquil Umbrian countryside. The yoga and meditation sessions were both challenging and comforting, providing an opportunity for contemplation and connection with new friends. This, coupled with Stine's perfume-making course and incredible food and wine was a real sensory experience!"

~ Rebecca, 2022

"This retreat was a replenishment for all senses. It gave energy for the autumn season. I loved the place, the people and all the content. It was a delightful balance between activity and rest."

~ Ann Katrin, 2022

"A mind-blowing and beautiful experience that Will linger in your bones Forever."

~ Majbritt, 2022

*Embark on a journey that will
linger in your bones and soothe
your senses.*

[CLICK HERE TO BOOK](#)





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