



# THE BODY FLOW RETREAT 2019

TUSCANY - EBBIO

MON, 22ND APRIL -  
SUN, 28TH APRIL 2019

## SWEAT AND FLOW WITH JOEY AND NADINE

Our retreat will give you the perfect opportunity to take some time out and care for your mind, body and soul in the stunning region of Tuscany. We will be offering both yoga practice and interval training, balanced with a variety of other activities from the region such as hiking and wine tastings. There will also be plenty of moments to relax and enjoy some „me“ time.

During the retreat Nadine will be offering 2 Yoga classes per day. In the morning a strengthening flow class to wake the soul and re-energise for your day ahead. In the evening a calming Yin Yoga practice will round off your day. Balancing Nadine's morning flow class, Joey will also be offering an interval training workout to raise the pulse and get those endorphins flowing. You can decide which workout is best suited for you in the morning.



## ABOUT NADINE

500 RYT certified, Nadine has been practicing yoga for 15 years and excited to share her passion of Yoga. She is teaching regularly in Berlin in the most popular Yoga places like Spirit Yoga and BECYCLE since 2014 loves to travel to take Yogis to special places like Ebbio. Her preferred style is Vinyasa Flow with powerful elements, but also the counter part to the strong yang classes: Yin Yoga/Yoga Nidra to balance it all out. So be ready to experience a full body and mind treatment during our retreat.





## ABOUT JOEY

Joey is originally from London but has now called Berlin his home for the past 2 years. Originally coming from an endurance training and marathon running background, he has been focusing his coaching expertise on Berlin's cycling enthusiast at the boutique fitness studio Becycle. Joey has also utilised his knowledge as a personal trainer and created his own tribe of fitness followers at his weekly bootcamp sessions called Sweat Klub.

## DAILY ADVENTURES

### HIKING: ANCIENT WALKING TRAIL VIA FRANCIGENA

The via Francigena is the ancient route that in medieval times connected Canterbury to Rome. Nowadays it remains a path of pilgrimage but also represents a different way to discover Tuscany.

### THE VILLAGE OF MONTERIGGIONI

Just a 30 minute walk away lies the fabulous Castello di Monteriggioni where we can go for gelato and wine. This village is a picturesque medieval place with restaurants and shops.

### WORKSHOPS

Ebbio offers several nice workshops for the afternoons, so you can take something home made with your own hands: basket braiding, natural cosmetic making and cooking classes.



## FOOD

Ebbio's meals always contain daily fresh pickings from the onsite certified organic garden. Inspired by nature and sustainable living, the artfully prepared, organic vegetarian cuisine is a highlight for Ebbio's guests.

They have been cooking mainly with plant proteins for more than 20 years and are very careful about offering complete, nutrient-rich meals, keeping elements of surprise and pleasure.

Using ingredients sourced from their own organic garden and other local farms, they offer vegan or vegetarian menus. In both cases, each meal is a nutritionally balanced delight. Ebbio constantly adjusts the menus, based on what's in season with familiar flavors and adventurous creations. Offering innovative, plant-based takes on classic Italian recipes. Meals will be prepared for us at the villa every day.





## ABOUT EBBIO

Ebbio is an original rural complex from the 13th century converted into a charming agriturismo welcoming you in its 10 spacious rooms full of fascinating history. They try to keep the feeling of the old Italian country ways of living. Silence, earthy colours and fragrances are still prominent.

Ebbio is surrounded by an evergreen forest embracing the heart of an extinguished volcano` sacred to Etruscans. Between Siena and Florence, just 1.8 km away from the medieval borgo of Monteriggioni, Ebbio is a certified organic farm of 7 hectares, cultivating olive trees, vineyards, officinal plants, fruits and vegetables, used in the preparation of the vegetarian meals they offer during your stay.

In Ebbio, you will find the spectacular scenery combining the history and flavours that make Tuscany such a unique vacation experience.

## ROOMS AND PRICES

At Ebbio we have 10 different rooms to choose from.

1 x 3-Bedroom shared bathroom  
1025 Euro p.p.\*

6 x 2-Bedroom shared bathroom  
(two beds or double bed)  
1275 Euro p.p.\*

2 x Single room with private bathroom  
1475 Euro p.p.

1x Master Suite 1675 p.p.

\*Bring a +1 Special: get 100 Euros off p.P.

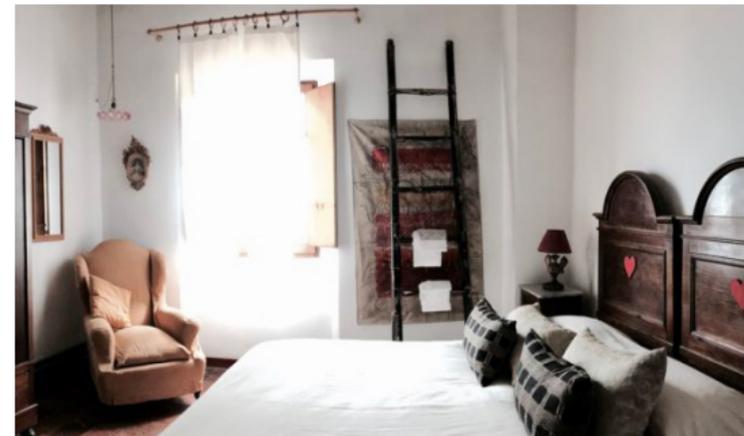


2 Bedroom with 1 double bed



2 Bedroom with 2 single beds

Single room



## RETREAT PACKAGE

### A TYPICAL DAY AT EBBIO

We will start the day with meditation a Vinyasa Yoga class or a training session with Joey. Tea and light snacks (nuts) will be provided before the practice. After that, brunch will be ready to refuel our bodies. For the afternoons we will have different workshops to choose from. We will decide what to do the day before. Of course you can also decide for „me“ time or trips on your own. Before dinner we will calm our body down with Yin Yoga or Yoga Nidra . Dinner will be a celebration and will be enjoyed together around the big outdoor table.

### WHAT IS INCLUDED

- Accomodation
- Daily brunch and dinner
- Daily Yoga sessions (meditation, Power Vinyasa, Yin)
- Functional Training Sessions with Joey
- Towels
- Water, tea, coffee
- Mats and props for the Yoga classes

## HOW TO GET THERE

Please book your own flight to Italy. Possible connections are :

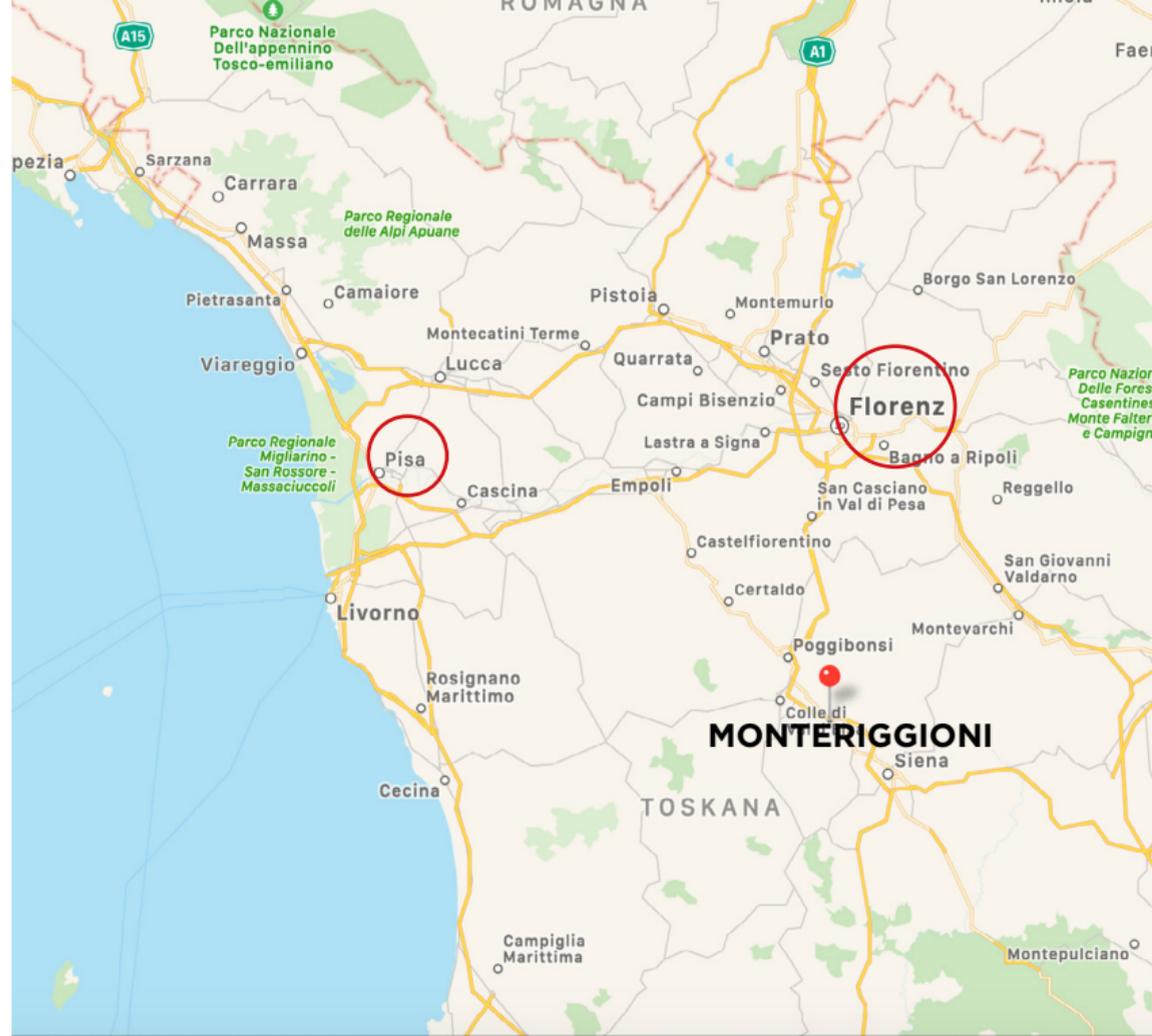
**Florence International Airport 64 km (Alitalia)**

**Pisa Airport 114 km (Easy Jet)**

a bit more far but also possible:

Bologna Airport 152 km

Let us know which airport suits you best and we will help you with getting to Ebbio.





## CONTACT & BOOKING

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