



# THE JOY OF BEING

*Wellness Retreat*

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12 - 15 MAY 23  
LIGURIA - ITALY

# WHAT IS IT ABOUT?

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"LIFE IS REALLY SIMPLE. BUT MEN INSIST ON MAKING IT COMPLICATED."  
CONFUCIUS



**Recognising the small things all around us that makes us feel alive.**

This retreat is made for those who would like to reconnect to the spark of life that is within them, to initiate a practice of celebrating life daily.

We will focus on breathing - what enables life to come within us - as well as practicing daily gratitude, meditation, journaling, yoga as a unity practice with our body and moments in the arms of mother nature.

A slow paced life for the time of a conscious retreat back to the heart center cultivating joy.

# FUN TIME DURING THE RETREAT

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## FRIDAY

- 16.00 Opening Ceremony
- 18.00 Evening Yoga Practice
- 19.45 Dinner

## SUNDAY

- 7.30 Optional Meditation
- 8.00 Morning Yoga Practice
- 9.45 Brunch
- 11.00 5 terre Excursion
- 16.00 Snack & Free time
- 18.00 Restoratif Yoga
- 19.30 Dinner
- 21.00 Thai Massage Workshop

## SATURDAY

- 7.30 Optional Meditation
- 8.00 Morning Yoga Practice
- 9.45 Brunch
- 11.00 Hike
- 16.00 Snack & Free time
- 17.00 Cooking Class
- 19.00 Dinner
- 21.00 Yoga Nidra - relaxation

## MONDAY

- 7.30 Optional Meditation
- 8.00 Morning Yoga Practice
- 9.45 Brunch & free time
- 12.30 Closing Ceremony



## THE SPECIALS

# WORKSHOPS

### ACRO YOGA WORKSHOP

We will explore the joy of playing like kids, flying as we used to, using this practice to develop trust for one another and have a whole lot of fun, guaranteed!



### ITALIAN COOKING WITH MAMMA

If you ever watched any Italian movie, then you know, there is nothing that we Italians love more than good food, this class will teach how to make fresh handmade pasta with pesto, and the best part of it is then we will get to eat it!



### THAI MASSAGE WORKSHOP

After 2 days of hiking, there will be nothing you'll want more than a relieving massage. Laura will guide you on a specific sequence of movement that you will be able to learn and do to family and friends when you go back home!



### OPENING AND CLOSING CERIMONIES

Ceremonies are sacred time where we come together in unity. Throughout this retreat you will be given time to reflect, to celebrate and to embrace the newly found knowledge and friendship.

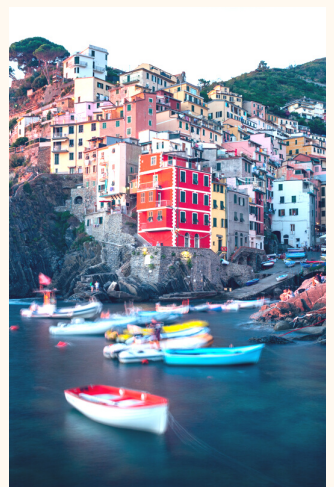
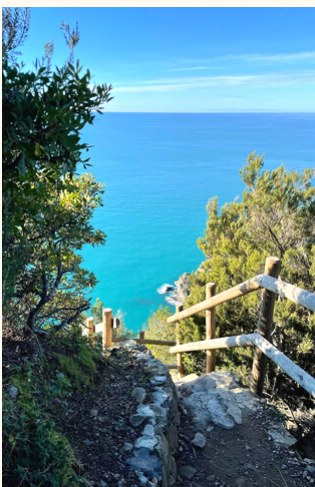


## THE SPECIALS

# HIKING

### PUNTA MANARA HIKE

The promontory of Punta Manara is a beautiful area of natural landscape between the villages of Sestri Levante and Riva Trigoso. The views of the Mediterranean sea and the village of Sestri Levante from the heights it's just breathtaking. Surrounded by lush green nature, pine woods, olive groves and vineyards you will have a chance to connect to the beauty of this incredible landscape.



### CINQUE TERRE EXCURSION

Rooted in antiquity, Cinque Terre's five villages date from the early medieval period. These five villages are connected by stunning hiking trails, with mesmerizing views of the Mediterranean sea. To enjoy it at most, we will have a private guide, our excursion will start from one of the villages and end in the next one, with a trail that will challenge our cardio but reward fully all our senses. You might find some surprises along the way, but we cannot reveal more for now... :)



# WHO IS IT FOR?

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"THE PURPOSE OF LIFE IS TO LIVE IT.  
TO TASTE. EXPERIENCE TO THE UTMOST.  
TO REACH OUT EAGERLY AND WITHOUT FEAR FOR  
NEWER AND RICHER EXPERIENCE."  
— ELEANOR ROOSEVELT



## **Come with an open heart and an empty head**



This retreat is a safe place to leave all your roles, habits and beliefs that no longer serve you. By putting aside our daily routine we will create space to let the new enter into our life. These four days will recharge you with new energy, enchant your soul with new purposes and perspectives, daze your brain with joy.

### **Our Yoga Practice:**

The dynamic morning classes will let the stagnant energy free at the same time the muscles will be challenged in strength and flexibility.

In the afternoon practice, we will bring the attention inward, with slow, aware, soft movements to kindly invite our body to let go and fully relax.



## YOUR HOSTS

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### LAURA CANEPA

Laura has a traveller soul that have made her visit Thailand and india multiple times to discover the real roots of ancestral practices, with 12 years of experience as a qualified massage therapist and 4 years as yoga teacher she wishes to help both physically and emotionally every person that would allow her. With a deep knowledge about anatomy and alignment she loves to see bodies change shape and gain flexibility day after day. Her purpose is to inspire you into the world of yoga in order to follow the practice at home, acquiring ever growing knowledge about your body and yourself as a whole.

Speaks: English, French, Italian & Spanish



## YOUR HOSTS

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### ILLONA TSCHOPP

#### E-RYT 500

Illona is a free spirit with a passion for the natural flow of life. Her vocation is to spread love, joy and happiness, through her retreats and coachings.

She uses Yoga as a mean to enhance the communication with self and has additional qualifications in Positive Psychology and Integrative Nutrition allowing a fuller spectrum of tools toward self empowerment in all scopes of life.

Currently studying the Art of the Tao through the science of the traditional Chinese Medecine, Illona is constantly on the lookout for new opportunity of growth and awareness of how to better merge with the flow of life and cultivate our inner spark of life at all time.

Speaks: English, French, Italian & Spanish



# OUR VILLA

We will be staying in Villa Domus, a magnificent villa located in the heart of a typical Italian village. We are 3 minutes walking distance from the most beautiful beach and the towncentre. The villa offers huge common spaces as well as a private garden and a private pool. A true hidden corner of heaven awaits us!

This villa is recognized since 1988 as national monument of modern architecture, a rare pearl in between the Ligurian buildings.



## WHERE

The retreat will take place in Sestri Levante, about 40 km from Genova.

Located in between the famous "5 terre" and "Portofino" Sestri Levante allows you to immerse in to the real Italian breathtaking sceneries saved from the mass tourism.

## HOW TO GET THERE?

By Train: 1h40 from Pisa, 2h40 from Milan.

By Plane: Genova airport is at 60km distance, Pisa airport 120km, Milan airport is 250 Km.

By Car: Exit at Sestri Levante from the highway.



## INVESTMENT:

BEFORE 28.02 - 660€

AFTER 28.02 - 700€

+ COST OF CHOSEN ROOM

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Note: a 50% deposit is needed to secure your spot.  
The deposit is none-refundable.

In the case of a cancellation from the host the investment  
will be 100% refunded.

The price includes: the whole program with activities,  
hiking, healthy vegetarian brunches and dinners every day,  
with local products and recipes.

[CONTACT@ILLONATSCHOPP.COM](mailto:CONTACT@ILLONATSCHOPP.COM) FOR BOOKINGS

## THE ROOMS

# CHOOSE YOUR NEST



### ROOM: FREEDOM

#### LUXURY PRIVATE ROOM SEAVIEW

This room is situated on the second floor of the villa, features a truly breathtaking sea view, private terrace, A/C, private bathroom and Queen bed.

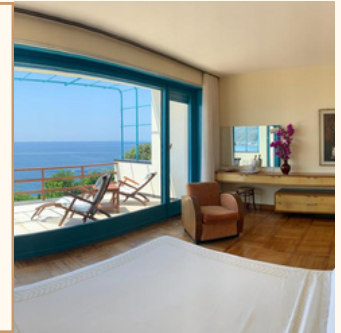
€350 per night single or double use

### ROOM: PEACE

#### PRIVATE QUEEN SEAVIEW

This room is situated on the first floor of the villa, features a stunning sea view, private terrace, A/C, Queen bed, private bathroom and shared shower.

€300 per night single or double use



### ROOM: KINDNESS

#### SHARED TWIN BEDROOM - TERRACE

This room is situated on the first floor of the villa, features a beautiful sea view, private terrace, A/C, two single beds, the bathroom will be shared with another room.

€125 per night, room shared with 1 person



### ROOM: GRATITUDE

#### SHARED TWIN BEDROOM

This room is situated on the first floor of the villa, features a beautiful sea view, two single beds, the bathroom will be shared with another room.

€100 per night, room shared with 1 person



## THE ROOMS

# CHOOSE YOUR NEST



### ROOM : HEART

#### QUEEN BED PRIVATE

This room is situated on the base floor of the villa, cozy room with Queen bed, garden view, A/C, the bathroom is shared with another room.

€150 per night single or double use

### ROOM: HUMBLE

#### SHARED TWIN BEDROOM - IN THE DEPANDANCE

These are simple rooms with two single beds, located either at the base floor of the villa or in the dependance just outside the villa.

Shared bathroom.

€35 per night, room shared with 1 person



### ROOM: CALM

#### PRIVATE QUEEN BEDROOM - IN THE DEPANDANCE

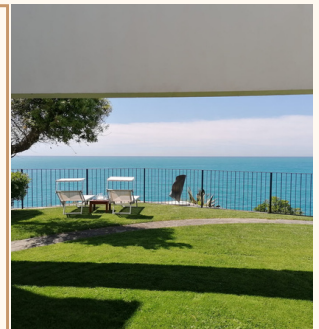
This room is situated on the dependance located a few meters away from the villa still enclosed in the private garden. Quiet room with Queen bed, garden view, A/C. Shared Bathroom

€110 per night single or double use



## JOIN WITHOUT A ROOM

Come practice with us and be with us for the time of a weekend





# MY YOGA TALE - LAURA

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I started yoga completely clueless, a friend of mine somehow convinced me to wake up at 6 AM in a remote village in the countryside of Thailand called Lahu village.

I was there to study traditional Thai massage and, so little i knew then, about how that morning experience would transform my life in ways I never imagined.

To be honest i had never been a sportive person, i was actually quite lazy and i used to not really understand why people would spend a part of their day sweating and making efforts.

That morning, something magical happened, as i followed the teacher's instruction, my head was empty of thoughts and all my senses were awakened as i felt my muscles and my energy move peacefully.

It's interesting how one hour time, when you are fully present can change your life, as i went back home i started practicing by following some youtube tutorials and, before i knew it, i was enrolled in my first teacher training in India.

I have been in India many times since then, i could write you about all the courses and certifications i have but that is not how i want to use your time, instead, i will tell you how that allowed me to evolve mentally and physically.

After the first 200 hours of teacher training, I was still seeing yoga as a sport, good for strengthening and stretching at the same time, which is completely true, I actually think that everybody that does yoga will have a fit, flexible and mobile yoga until the last day.

Following my practice i then found myself and especially my mind changing, i was paying more and more attention to the quality of my thoughts, to the energy moving inside my body, to the reason behind a certain emotion, i was digging deeper and deeper in parts of me that i didn't even know they existed.

Most teachers say that yoga helps you to overcome the suffering of life, i personally think that yoga gives you a much better and fuller understanding of how and why we sometimes find ourselves suffering, however, this should be only part of the focus.

The other, i believe most important part of life is to be able to open our eyes and see the beauty around us with gratitude and open hearts. My purpose is to make you feel again that childish excitement, uncontainable joy, and an open heart to positively influence all the lives around you.

I would love to share with you my discoveries, my practices, and some of the most beautiful sceneries of Italy with you.