

Welcome to your Italian home away from home.  
Leave the crowds behind in this gorgeous, untouched region of Italy.

Discover the beauty, history and culture of one of Italy's most enchanting regions, Le Marche. Situated in the East, and nestled between the dramatic Sibillini mountains and the coastline of the Adriatic Sea, Le Marche is one of Italy's most unspoilt and picturesque regions which offers rich cultural heritage.

Our retreat sanctuary is a 35min drive away from Ancona airport and offers natural beauty with views to the sea, as well as all the amenities you can possibly dream of.

The Estate of Oliveto has been designed to the highest standards, stylishly decorated & completely renovated. The Yoga Shala is overlooking the olive groves and beautiful manicured gardens.

Discover the stunning swimming pool, gym, tennis court, and gorgeous indoor and outdoor living areas. It is the perfect setting for yoga practice, walks, meditation, relaxation and healthy meals in like-minded company.



**HOUSE OF OM**

## SERVICE

### Includes

- 7 night's accommodation (see below for more information)
- daily 120min morning yoga class (various dynamic styles including meditation & pranayama)
- daily 75 min afternoon yoga classes (restorative, adjustment workshop etc.)
- 7 healthy brunch and 6 delicious vegetarian dinner
- access to the swimming pool, sun terrace, spa (hammam, sauna, jacuzzi) and tennis court

### Not included

- dinner at the local beach club or village on the last day (Friday)  
on that day there will be only one yoga class in the morning
- massage treatments



## TRANSPORT AND ARRIVAL / DEPARTURE

The transport fees are to be booked and paid individually and are not included in the price of the retreat.

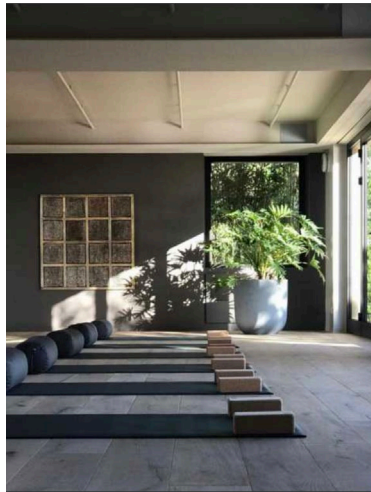
How to get to the Oliveto Estate:

- by airplane from Charleroi to Ancona (Ryanair)

We suggest to share transport from Luxembourg to Charleroi, and share the taxi from Ancona airport to the retreat venue.

Please contact Isabelle at [info@exhaleyoga.lu](mailto:info@exhaleyoga.lu) to organise the pick ups.

Check-in on Sat. 25<sup>th</sup> May is scheduled at 4 p.m. and check-out on Sun. 1<sup>st</sup> June at 10 a.m.



## ACCOMMODATIONS / PRICE

All prices include yoga classes, accommodation and food.

Each room has its own ensuite bathroom. The total price of the retreat is as follows:

- Double room (occupancy for 2 persons in single beds) - 2800€/pers. (early bird 2650€)
- Double room (occupancy for 2 persons in double bed) - 2800€/pers. (early bird 2650€)

The early bird rate applies until December 31<sup>st</sup> 2023.



## BOOKING / PAYMENT

**The Italy Yoga Retreat 2024** is a collaboration between House of Om and Exhale Yoga Luxembourg. Please send the registration form to Isabelle at [info@exhaleyoga.lu](mailto:info@exhaleyoga.lu).

After receiving your registration, House of OM will send you a booking confirmation and invoice for the total retreat price. 50% of the invoice has to be paid within 10 days of receipt. The other 50% have to be paid before May 1<sup>st</sup> 2024. You can pay in cash or via bank transfer to the following account BCEELULL LU95 0019 7455 2846 2000.

**The booking fees** are non refundable. However the cancelling client has the right to find a replacement person for him/her to take over their spot.



**TEACHER**

**Isabelle Thill**



Isabelle is originally from Luxembourg and has been teaching Yoga for more than 20 years.

After countless workshops, retreats, and teacher trainings, she is still under the spell of yoga. Diving deeper into the physical as well as the spiritual yoga practice is a never-ending journey. Isabelle has been blessed to meet the most incredible and inspiring mentors, all of them influenced her own teaching enormously. She is trained in Jivamukti Yoga, Ashtanga Yoga, Budokon and Yogic Arts.

Isabelle's classes are dynamic. While she encourages her students to step out of their comfort zone, she keeps the focus on being mindful and kind to oneself.

Beside teaching Isabelle founded yoga studios in Luxembourg and Cape Town. Currently she is owner and teacher at Exhale Yoga Luxembourg.

