

# Breath of Life Retreat

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13 - 15 OCTOBER

**AWAKENING EXPERIENCE & TRANSFORMATIVE JOURNEY**



Breath of Life Retreat

**TUSCANY, ITALY**



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# WHY AWAKEN?

- Heal on all levels: physical, mental and energetic
- Release self-limiting patterns that hold you back in life
- Improve your overall psychological well-being
- Connect with your higher self and become your master
- Connect with nature and look good

# WHAT TO EXPECT

The way we chose to see the world, creates the world we see.



## **INCLUDED**

- 1-2-1 Prior to Retreat Virtual Intuitive Guidance Session
- 3 Days and 2 Nights
- Shared Twin or Single Room
- Breakfast, Lunch, Dinner
- Yopo Night Ceremony
- Qi Gong & Yin Yoga
- Breathwork & Meditation
- Sound trip & Ecstatic Dance
- Mandala & Talisman Making

## **ADDITIONAL**

- Other Ceremonies with Shamanic Remedies of Your Choice
- Ayurvedic Massage (by appointment)
- 1-2-1 Post Retreat Intuitive Guidance, Vedic astrology, Ba Zi

## **SPOKEN LANGUAGES**

English, Italian, Spanish, Russian



# PRACTICES

Our program contains powerful ancient practices of India, Cina and the Amazon such as Qigong, Meditation, Breathwork, Mandala, Ayurvedic Massage, Intuitive Guidance, Vedic Astrology, Sound Trip and Ecstatic Dance, Sensorial Dynamics, as well as Ceremonies with Ancestral Remedies.



# PROGRAM

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## Prior to Retreat

Intuitive Guidance  
(30 min online  
session to set  
your intentions)

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## Friday

Arrival 2 - 4pm  
Sound trip  
Ecstatic dance  
Fire circle  
Dinner  
Talisman making  
Rest

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## Saturday

Qi Gong  
Kambó (Add)  
Breakfast  
Mandala  
Lunch  
Breathwork  
Night ceremony

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## Sunday

Yin Yoga  
Breakfast  
Bufo (Add)  
Lunch  
Integration  
Walk in the woods  
Goodbye tea

# CEREMONIES



## KAMBÓ

360 C detox. The descretion of the Amazonian leaf frog improves stamina, boosts the immune system and fertility, has endless healing benefits.



## YOPO

The most potential sacred tree. It leads to a confrontation with the ego and the conscious of unity. Establishes profound dialogues with inner characters.



## ROMÉ POTÓ

Sacred leaves of tobacco and Sananga. Expands and balances our energy field and calms thoughts. It brings clarity, allowing us to get in touch with our inner master.



## BUFO ALVARIUS

A toad from the Sonoran Desert. The sensation of cosmic unity of access to non-dual consciousness and deep spiritual experiences. The loss of a sense of identity and dissolution of the ego.



# VENUE

Our retreats take place in a Tuscan country resort surrounded by vineyards, located in the historic triangle between Florence, Pisa and Siena. This special energetic place, where the pilgrimage route ran a thousand years ago - the Via Francigena path is the ideal place for a vacation of transformation, tranquility and peace.

## ADDRESS

St. Adele Resort, Via della Meliana, 50050, Gambassi Terme, Italy



# ACCOMMODATION





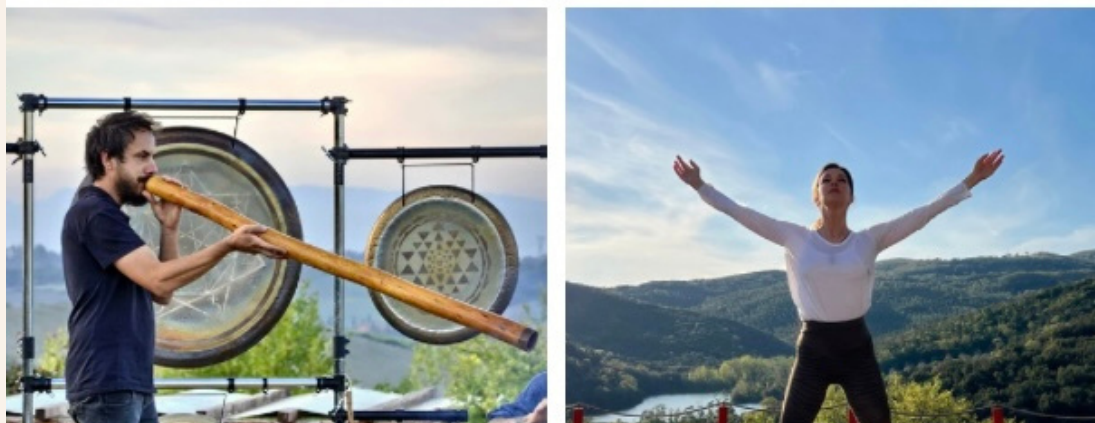
# NUTRITION

## Chefs

Massimo and Nena

Delicious seasonal vegan and vegetarian meals from the local farm and our garden. Healthy nutrition helps us to get in touch with ourselves on a spiritual level, feel and look great.

# OUR TEAM



Our team is made up of highly qualified holistic experts, facilitators, musicians and practitioners of ancient traditions with extensive experience and versatile backgrounds.

- + Sound Trip Experience - Francesco, Thomas
- + Ceremonies with ancestral remedies - Luce, Kusi
- + Qi Gong, Breathwork, Mandala – Onda
- + Yoga, Meditation - Gaia
- + Intuitive Guidance – Julie
- + Ayurvedic Massage – Rosy
- + Vedic Astrology - Karina
- + Ba Zi - Dmitry



# COST & PACKAGE

+ Shared Twin Room/private bathroom + all meals,  
program + one ceremony included – €650

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+ Single Room/private bathroom + all meals,  
program + one ceremony included – €790

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+ Early Bird – Single Room Package booked  
before 5.09.23 – €650

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+ Every Additional Ceremony – €130

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+ Virtual (on line) 1-2-1 Sessions: Intuitive  
Guidance, Vedic Astrology, Ba Zi – €150  
the first one prior to the retreat is included

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+ Ayurvedic Massage – €80



# BOOKING

## + Booking Conditions

40% of the package price required as a deposit, the remaining 60% should be paid on arrival.

# REQUIREMENTS

We don't work with everyone. A 1-2-1 colloquial is required to understand if you are a good fit for Breath of Life Retreat.

If you are interested in participating please schedule your appointment by sending us an email at [info@breathofliferetreat.com](mailto:info@breathofliferetreat.com)

# INFORMATION

## WHAT TO BRING

Please make sure that you bring comfortable and warm clothes for both indoor and outdoor activities. For ladies it is advisable to wear a sports bra vs a bra with underwire.

## ARRIVAL

From 2 - 4pm, our program starts at 5pm. There is a possibility to extend your stay before or after retreat depending on your flight time. Book your flight to Pisa or Florence Airport (45 min drive to our retreat centre). From the airport you can either rent a car or take public transport, the nearest train station to St. Adele Resort is Castelfiorentino and the travel time from both train stations is 55 min from the train station Pisa Centrale or Florence Santa Maria Novella. If you wish to use our additional airport transfer service please do let us know at least 24 h prior to your arrival. If your arrival time and place matches with other participants we'll connect you for carpooling.





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# ABOUT US



Breath of Life Retreat

We are your tribe of conscious travelers who believe every choice is a vote for the future we want to live in.

Our mission is to redefine what it means to be a conscious traveler, feel great, wear your values, look fantastic, help ethical brands thrive and save the planet.

Our core values are Beautiful, Meaningful and Sustainable.

#ifyoudogoodyoulookgood

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Breath of Life Retreat is a place where you breathe serenity, create new ties of friendship and knowledge. It is a magical transformational journey into the depth of your being. It's a profound and fascinating work that reshapes your perception of life and expands your consciousness.

Our mission is to help beings reconnect with themselves, nature and the universe, to find true purpose, inspiration and meaning.

You will have the possibility to unlock your full potential and rediscover your essential nature.

[breathofliferetreat.com](http://breathofliferetreat.com)

This retreat is an invitation to give yourself time & space as you slow down and disconnect from your daily routine.

Experience a transformation with a good dose of fun in the stunning surrounds of St. Adele Resort.

Build a dialogue between body, spirit, soul and nature.

**LIFE IS A CEREMONY, ENJOY IT**

**THANK YOU**

**CONTACTS**

**INFO@BREATHOFLIFERETREAT.COM**