



# La Dolce Vita

Yoga Retreat  
14-20 June 2026  
Sabina Hills, Italy



MOVE

*BREATHE*

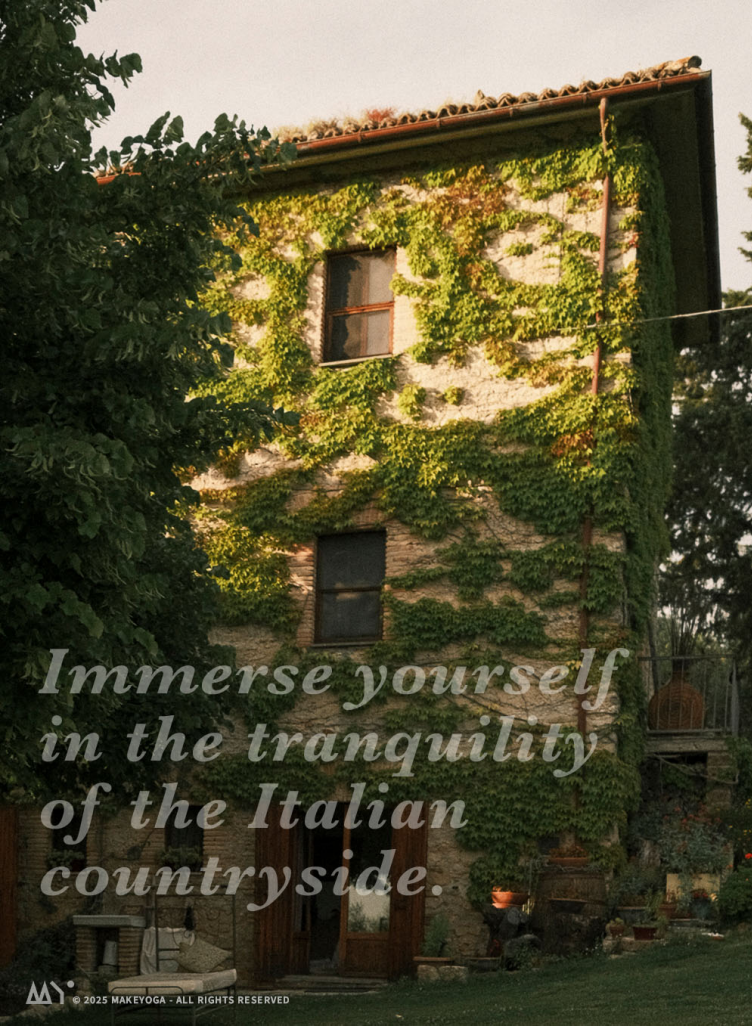
TRANSFORM

HEAL

CONNECT







*Immerse yourself  
in the tranquility  
of the Italian  
countryside.*

## *La Dolce Vita*

**This MakeYoga retreat is an energising, empowering experience - an invitation to reconnect with your body through movement, presence, and play.**

Created and guided by Viola and Bartek, founders of MakeYoga, this retreat offers a vibrant mix of yoga, Pilates, sound and breathwork designed to help you feel strong, free, and fully alive in your body.

**This is not just a retreat - it's a full-body celebration.**

Expect movement as medicine, weaving together playful yoga sessions like Vinyasa, grounding Yin, alongside mindful Pilates - sessions that focus on your strength, mobility, and core connection. Whether you're flowing, holding, pulsing, or breathing deeply - every session is crafted to build body awareness and unlock your physical potential.

But movement is only part of the journey. Viola and Bartek also offer powerful practices such as breathwork, meditation, and sound healing, creating space to soften, release, and listen inward. It's a beautiful balance of energy and stillness, effort and ease.

This retreat is about showing up for yourself fully - moving your body with intention, connecting with your breath, and becoming part of a community that celebrates both strength and softness.

While personal growth and reflection naturally unfold, the heart of this retreat lies in movement as a pathway to freedom and joy.

# The *VENUE*

*Nestled in the sunlit hills of Sabina, our retreat centre located in the Italian countryside, north of Rome is a serene heaven where time slows and life is savoured.*

*Surrounded by olive groves and the gentle hum of nature, this family-run retreat venue is the perfect backdrop for your yoga journey.*

*Set within a beautifully restored farmhouse, the rooms blend timeless Italian charm with contemporary comforts. Thick rustic stone walls, soft linens, and a harmonious connection to the surrounding nature.*

*Each accommodation option is unique, all designed to provide a tranquil and comfortable stay. Wake up to serene views of the rolling Umbrian hills or the peaceful olive groves, and feel completely at ease in our retreat heaven.*



# What To *EXPECT*

*Join us for a soul-nourishing week in the heart of the Sabina Hills, where time slows down and life softens.*

*La Dolce Vita is more than a yoga retreat - it's a return to simplicity, beauty, and presence.*

*Wake up every morning to the sound of birdsong and rolling green hills. Move, breathe, and reconnect with yourself through daily yoga, breathwork, meditation, and ritual in a serene, sun-drenched setting.*

*In between practices, savour delicious plant-based meals, wander olive groves, swim under the Italian sky, and simply rest - deeply.*

*This is your invitation to reset, realign, and rediscover the sweetness of life.*

*Whether you're seeking transformation or gentle restoration, this retreat offers a sacred space to pause, breathe, and just be.*



# HIGHLIGHTS

A scenic waterfall cascading over dark, mossy rocks. Two women are playing in the water at the base of the falls, splashing and laughing. The background is filled with lush green trees and foliage, creating a serene and natural setting.

- Twice daily yoga sessions (or Yoga and Pilates if we are up for it) with a stunning Sabina hills in the backdrop.
- Delicious home cooked , locally sourced meals prepared by our chef. Each day expect: coffee/tea & fruit before yoga/pilates class; brunch, big afternoon lunch + cake, dinner (coffee/tea/water available for the guest throughout the day)
- Fresh fruit available before yoga and big afternoon snack.
- Beautiful spacious bedrooms for a restful nights sleep.
- Cozy snugs, quiet sit spots and hammocks to catch up on a book, or simply take time to put your feet up and relax by the swimming pool.
- Breathtaking views from the yoga platform and terraces.



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- A group of people are practicing yoga on a large wooden deck. They are in a downward dog position, with their hands and feet on the deck. The deck is made of light-colored wood planks. In the background, there are trees and a sunset sky. The people are wearing athletic wear. Some are using yoga blocks.
- Guided hike in the tranquil landscapes
  - Dinner at local restaurant on the last night of the retreat
  - Optional massage
  - Group Airport Transfer Included if coming on recommended flights  
(\*WhatsApp group will be created to connect our guests)
  - A beautiful, surprise goodie bag to take home
  - Rooms, Pricing & Bookings

### **RUSTIC CHARM AND MODERN COMFORT**

*We have an exclusive use of two beautifully restored farmhouses that offer a total of 8 bedrooms, seamlessly blending rustic Italian charm with modern comfort. Each bedroom has been thoughtfully designed and can be customised for single or double occupancy.*

## WALNUT

### SHARED DOUBLE OR SNGLE OCCUPANCY ROOMS

with 2 single beds or  
put together for a couple  
(approx 20m<sup>2</sup>).

Own bathroom with  
toilet & shower.



## OAK 1

### SHARED DOUBLE OR SNGLE OCCUPANCY ROOMS

with 2 single beds or put  
together for a couple  
(approx 20m<sup>2</sup>).

Own bathroom with  
toilet & shower.



# ROOMS

## TERRA

### SHARED DOUBLE ROOM

with 2 single beds  
(approx 26m<sup>2</sup>).

Own bathroom with  
toilet & shower.



## OLIVE

### SHARED DOUBLE OR SNGLE OCCUPANCY ROOMS

with 2 single beds or put  
together for a couple  
(approx 26m<sup>2</sup>).

Own bathroom with  
toilet & shower.





## SAND

### SHARED DOUBLE ROOM

with 2 single beds or put together for a couple (approx 18m<sup>2</sup>).

Own bathroom with toilet & shower on the same level



## OAK 2

### SHARED DOUBLE OR SINGLE OCCUPANCY ROOMS

with 2 single beds or put together for a couple (approx 20m<sup>2</sup>).

Own bathroom with toilet & shower.



# ROOMS

## BAMBOO

### SHARED DOUBLE OR SINGLE OCCUPANCY ROOMS

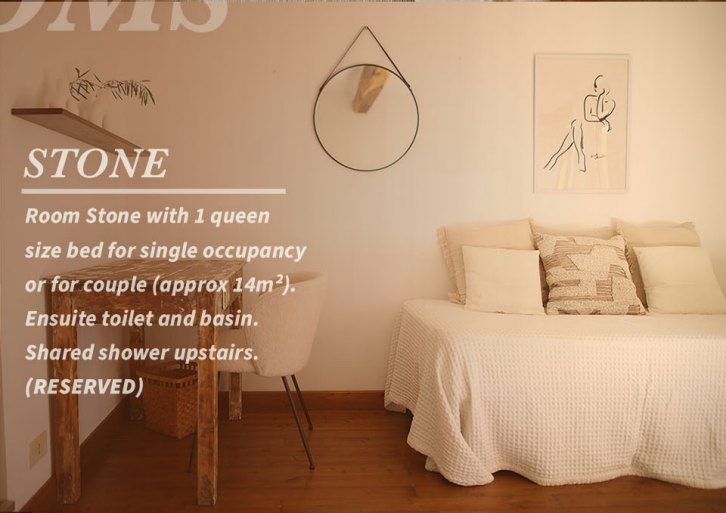
with 2 single beds or put together for a couple (approx 26m<sup>2</sup>).

Own bathroom with toilet & shower.



## STONE

Room Stone with 1 queen size bed for single occupancy or for couple (approx 14m<sup>2</sup>).  
Ensuite toilet and basin.  
Shared shower upstairs.  
(RESERVED)



## CAMPERS

Two outdoor campers for  
single occupancy each with  
electricity & fans



## CAMPERS

Two outdoor campers for  
single occupancy each with  
electricity & fans



## GLAMPING TENTS

Three glamping tents with  
single or double occupancy  
with electricity & fans



## OUTDOOR SHOWERS

Two warm outdoor showers  
for external accommodations





# PROGRAMME

## SUNDAY

**15.30-16.00** - Arrival at the venue  
**16.15** - Refreshment + welcome snack

• **Free time to unpack and settle** •

**18.00** - Welcome circle, introductions,  
sound bath (crystal singing  
bowls or hand pan)  
**19.00** - Dinner

## MONDAY

**08.30am** - Coffee, tea & fruits  
**09.15 - 10.30am** - Morning Yoga &  
meditation with Viola  
**11.00am** - Brunch buffet

• **Free time** •

**15:00** - Big snack / afternoon cake  
**17.30 - 18.30** - Evening yoga: Yin  
or restorative  
**19.00** - dinner

## TUESDAY

**08.30am** - Coffee, tea & fruits  
**09.15 - 10.30am** - Morning Yoga &  
meditation with Viola  
**11.00am** - Brunch buffet  
• **Free time** •  
**14.00-15.00** - Surprise Workshop  
with Viola  
**15:00** - Big snack / afternoon cake  
**17.30-18.30** - Evening practice - restorative  
yoga and sound

## WEDNESDAY

**8.30am** - Coffee, tea & fruits  
**09.15 - 10.30am** - Morning Yoga &  
meditation with Viola  
**11.00** - Brunch \$ - Guided hike with Lucio  
(snacks and lunch to take with us)  
**15:00** - Big snack / afternoon cake  
**18.00-18.45** - Evening sound bath/  
meditation  
**19.00** - dinner

## THURSDAY

**8.30am** - Coffee, tea & fruits  
**09.15 - 10.45am** - Morning Yoga & silent  
walking meditation with Viola  
**11.00** - Brunch buffet  
• **Free time /group walk** •  
**15:00** - Big snack / afternoon cake  
**17.30-18.30** - Evening practice  
- restorative yoga and sound  
**19.00** - dinner

## FRIDAY

**8.00 - 9.00am** - Morning yoga with Viola  
**9:30am** - Breakfast  
• **Free time** •  
**13.00** - Lunch  
**15-16.00** - Yoga or Pilates sessions  
with Viola  
**16:00** - Big snack / afternoon cake  
**19:30** - Dinner at a local restaurant  
*(walk to a local restaurant and be picked  
up by shuttle bus for 80 Euros. At restaurant  
meals are usually paid individually  
by participants)*

## SATURDAY

**8:30** - Breakfast / **10:00** - check-out



What's

# INCLUDED

**Y**ou will be joining a small group to make you feel welcomed and comfortable and to ensure that plenty of attention is paid to each attendee.

## Package per person includes:

- 6 night's stay in a beautiful & peaceful venue (single or double occupancy available)
- Full board includes breakfast, lunch, light snack and dinner. Our chef will spoil you with mediterranean vegetarian and vegan dishes, locally sourced with an Italian touch. All delicious meals, snacks+drinks (\*read meal details)
- 2 yoga classes each day + 1 surprise workshop with Viola
- 1 soundbath evening session (crystal singing bowls or handpan)
- 1 day hike excursion in the Farfa gorge & return transport
- Farewel pizza and wine dinner at the local restaurant on Friday evening before departure.
- Yoga mats + bolsters
- Minibus transfers to and from the airport (only if you are on the recommended flight times)

## Not included:

- flight or train to Rome
- massages (optional)
- travel insurance (recommended)



# PRICES

## Package price per person:

DOUBLE ROOM: regular price **£1.750,00pp**, discounted price **£1.400,00pp**

SINGLE ROOM: regular price **£1.999,00pp**, discounted price **£1.699,00pp**

GLAMPING YOUT (Single Occupancy) : regular price **£1.200,00pp**, discounted price **£1.080,00pp**

COSY CARAVAN (Single Occupancy) : regular price **£1.200,00pp**, discounted price **£1.080,00pp**

A limited number of single and double rooms with ensuite bathrooms and showers are available on a first-come, first-served basis. The other rooms have ensuite toilets and shared shower on the same level.

### • Payment Plans Available •

- To book your spot, rollout the booking form and pay **£350 non-refundable deposit** •
- **10% early booking discount until January 31st 2026** •

Please send your booking request to

**studio@makeyoga.co.uk**