

La Dolce Vita

Yoga Retreat
14-20 June 2026
Sabina Hills, Italy



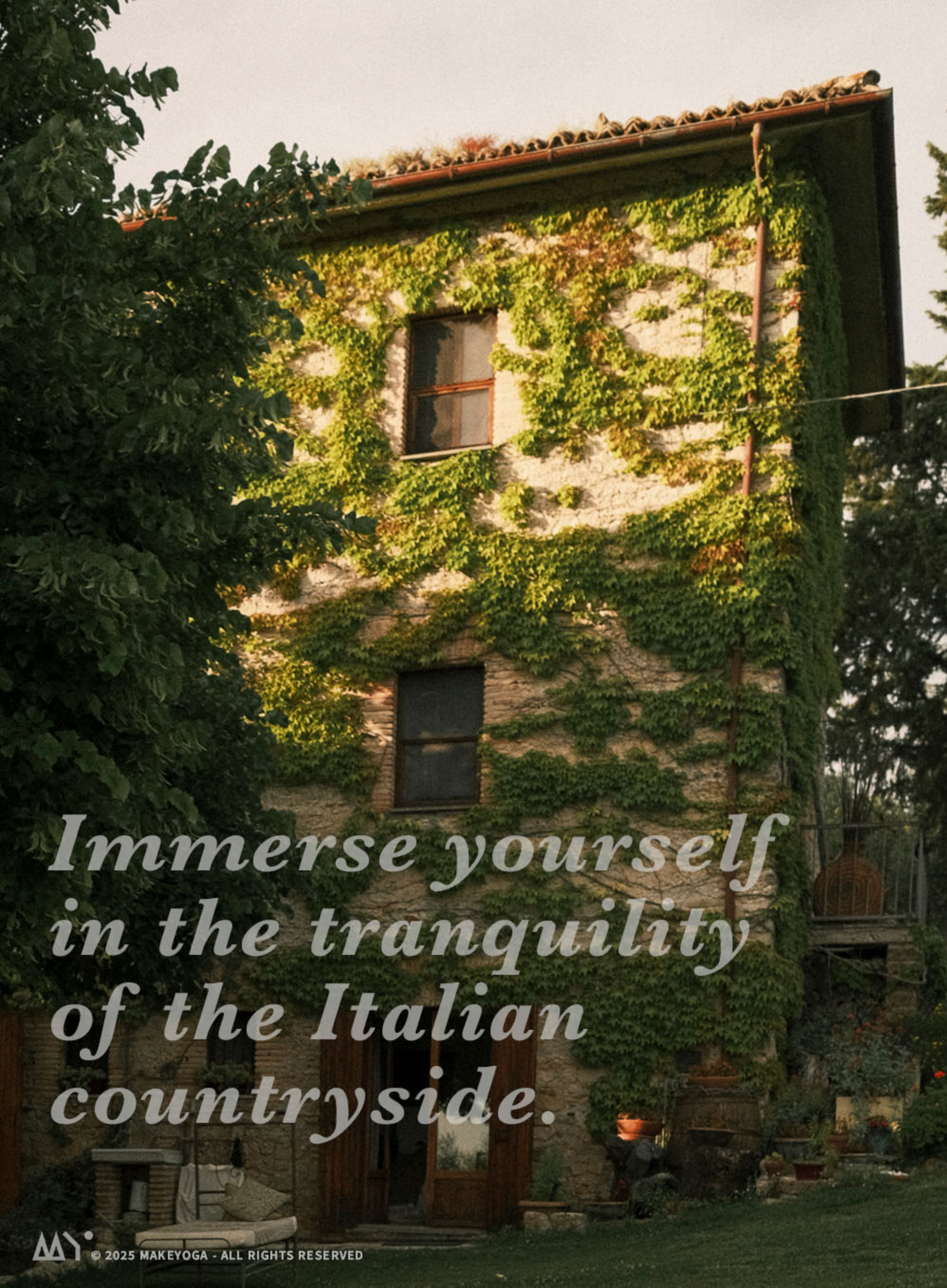
MOVE

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

- 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.
- Cosy 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 wooden planks and is surrounded by a wooden railing. The background shows a lush green landscape with trees and a sunset sky. The people are wearing athletic wear, and some are using yoga blocks for support.
- 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 20m²).*

*Own bathroom with
toilet & shower.*



OAK 1

**SHARED DOUBLE OR
SNGLE OCCUPANCY ROOMS**

*with 2 single beds or put
together for a couple
(approx 20m²).*

*Own bathroom with
toilet & shower.*



ROOMS

TERRA

SHARED DOUBLE ROOM

*with 2 single beds
(approx 26m²).*

*Own bathroom with
toilet & shower.*



OLIVE

**SHARED DOUBLE OR
SNGLE OCCUPANCY ROOMS**

*with 2 single beds or put
together for a couple
(approx 26m²).*

*Own bathroom with
toilet & shower.*



SAND

SHARED DOUBLE ROOM

with 2 single beds or put together for a couple (approx 18m²).

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 20m²).

Own bathroom with toilet & shower.



ROOMS

BAMBOO

SHARED DOUBLE OR SINGLE OCCUPANCY ROOMS

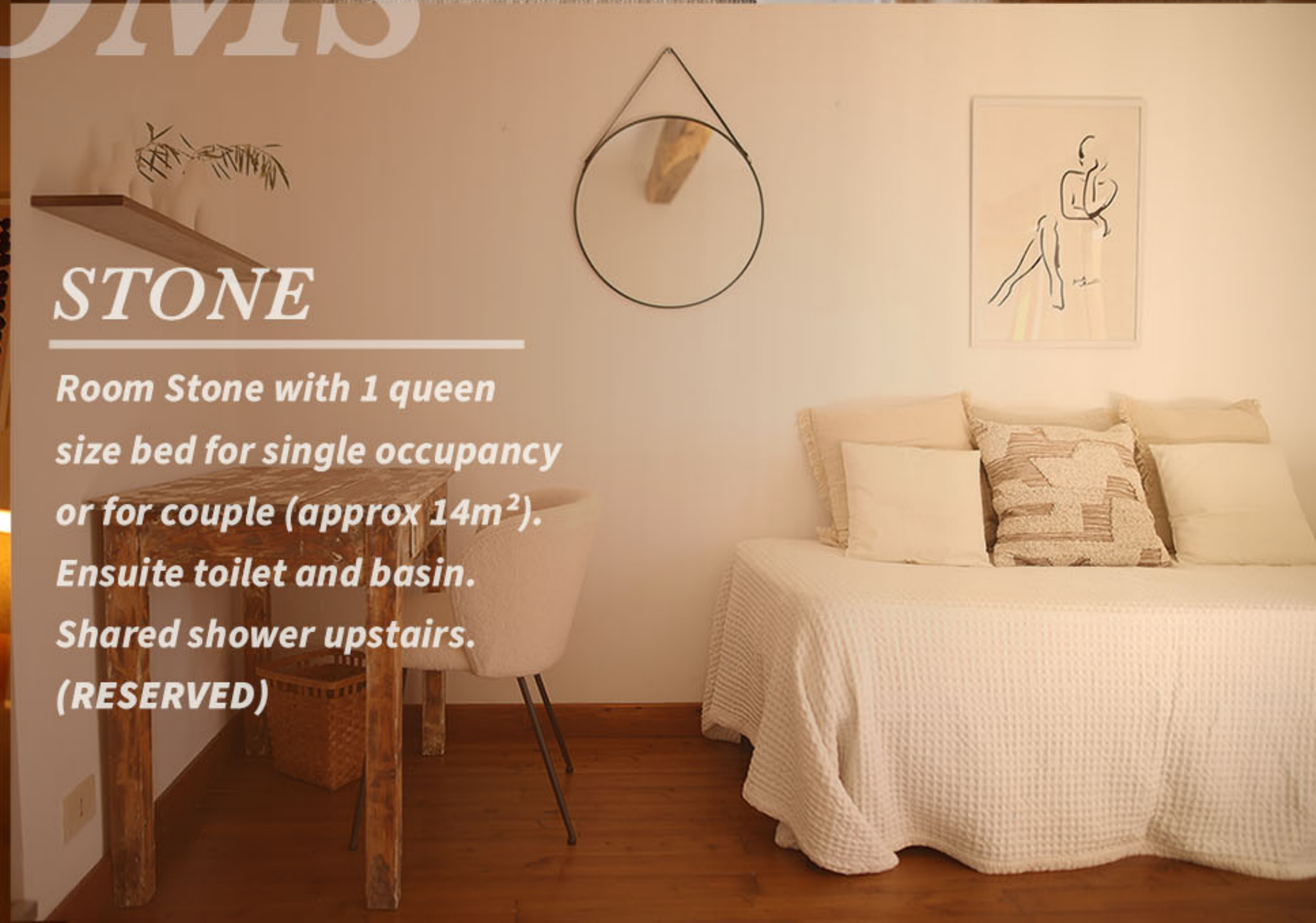
with 2 single beds or put together for a couple (approx 26m²).

Own bathroom with toilet & shower.



STONE

Room Stone with 1 queen size bed for single occupancy or for couple (approx 14m²).
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

You 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 **£1.750,00**, discounted price **£1.575,00**

SINGLE ROOM: regular price **£1.999,00**, discounted price **£1.849,00**

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

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

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 October 31rd 2025** •

Please send your booking request to

studio@makeyoga.co.uk