

THE HAPPY NEW YOU RETREAT- LIVE LOVE LAUGH – “La Vita e bella” edition, Tuscany

12 -18 SEPTEMBER 2026,
INSPIRA EARTH; GROSSETTO,
TUSCANY, ITALY:

12 Sep- Arrival, Gentle
Landing & Settling in, 6 pm
Welcome circle

13-17 Sep – Core Retreat
Programme; Daily Sunrise And
Sunset Yoga, Breathwork,
Creative Mindfulness, Joyful
Community Time, Rest &
Integration

18 Sep – Breakfast, activities
at your own leisure &
departure (extend on request).

Optional activities: organic
cooking class, nature art
class, massages, organic wine
tasting,

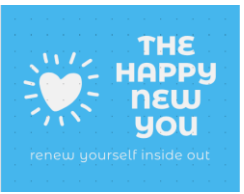


WITH NEWBORN LAUGHTER YOGA INSTRUCTOR
ANTONIA AND CHAKRA/YOGA FACILITATOR MEGGY

- RECHARGE & TRANSFORM INTO A LIGHTER BRIGHTER YOU!
- GOLDEN SEPTEMBER WARMTH AND SKY, DAILY ENERGIZING SUNRISE & RESTORATIVE SUNSET YOGA AND MINDFULNESS, NOURISHING AND FRESH VEGETARIAN FOOD, AND SPACIOUS TIME TO SIMPLY BE!
- FOR ANYBODY SEEKING A GAMECHANGING RESET AWAY FROM IT ALL!



STAY CONNECTED: [The New Happy You Retreat](#)



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[The New Happy You Retreat](#)

STAY CONNECTED:

WITH LAUGHER YOGA INSTRUCTOR ANTONIA
AND CHAKRA/YOGA FACILITATOR MEGGY



Reserve now!
The retreat is almost full!

12 -18 SEPTEMBER 2026, INSPIRA EARTH; GROSSETTO,
TUSCANY, ITALY:

WHAT'S INCLUDED?

- 2 x daily yoga/mindfulness/ breathwork sessions
- 6 nights accommodation in premium cosy double or triple room with views over the rolling farm hills (singles on request), 2 sumptuous meals a day (hearty brunch and savoury dinner, as well as nutritious nibbles in between), access to the living and lounge room, spacious terrace, lush garden, infinity pool, lavender fields etc.).
- Optional activities at small fee: organic cooking class, nature art class, premium massages, organic wine tasting,

Early bird price: 1410 CHF in cosy double toom with double occupancy-
see details: [LIVE LOVE LAUGH YOGA RETREAT - La Vita e bella- TUSCANY](#)

More info about Inspira Earth: [Organic Farm and Farmstay | Inspira](#)

