



THE  
HAPPY  
NEW  
YOU

renew yourself inside out



INSPIRA

# THE HAPPY NEW YOU RETREAT

LIVE LOVE LAUGH – “La Vita e bella” edition

TUSCANY

Be lighter. Be brighter.  
Be You!



12 – 18 SEP 2026



**GOLDEN SEPTEMBER  
WARMTH AND SKY,**  
Daily energizing sunrise  
& restorative sunset  
yoga and mindfulness



**NOURISHING  
AND FRESH  
VEGETARIAN FOOD**  
Made with love,  
from the land



**JOYFUL COMMUNITY,  
LAUGHTER &  
CONNECTION**  
Laugh, share,  
grow together



**SPACIOUS TIME  
TO SIMPLY  
BE!**  
Rest, relax and  
reconnect

| DATE                                                                                                       | MORNING<br>8:30 – 10:00                                                                                                                                      | AFTERNOON / OPTIONAL ACTIVITIES<br>AVAILABLE ALL WEEK                                                                                                      | EVENING<br>5:30 – 7:00                                                                                                                                                |
|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SATURDAY<br>12 SEP<br>  |  Afternoon Arrival<br>(15:00 onwards)<br>& Check-in<br>Light Refreshments |  Relax by the pool,<br>settle in, explore<br>the beautiful surroundings |  OPENING CEREMONY<br>& WELCOME CIRCLE<br><br>Dinner                              |
| SUNDAY<br>13 SEP<br>    |  Energizing<br>Sunrise Yoga<br>(Kundalini)                                |  Explore the Tuscan<br>countryside and sites                            |  Chakra Alignment<br>Yoga & Meditation                                           |
| MONDAY<br>14 SEP<br>    |  Kundalini Chakra<br>Breathwork                                           |  Optional Organic<br>Cooking Workshop                                   |  Voice Liberation,<br>Inside Out Movement<br>& Fire Ceremony                     |
| TUESDAY<br>15 SEP<br>   |  Laughter Yoga<br>Workshop                                                |  Optional Nature<br>Art Class                                           |  Happiness & Self-Love<br>Workshop, Yin Yoga<br>& Meditation                     |
| WEDNESDAY<br>16 SEP<br> |  Sunrise<br>Ashtanga Yoga                                                 |  Optional Organic<br>Wine Tasting                                       |  LAUGHTER YOGA<br>& CLOSING CIRCLE<br><br>Celebration Dinner<br>Gratitude & Joy! |
| THURSDAY<br>17 SEP<br>  |  Tantra Yoga:<br>Awaken Your<br>Life Force Energy                         |  Astro Readings<br>Gain insight, clarity &<br>cosmic perspective        |                                                                                                                                                                       |
| FRIDAY<br>18 SEP<br>    |  Departure<br>& Goodbyes<br>Take the magic<br>with you                    | You leave lighter,<br>happier & more you<br>                          |                                                                                                                                                                       |



Daily  
Sumptuous  
Brunch (10–11:30)



Delicious  
Vegetarian  
Dinners



Tea, Infusions  
& Healthy  
Treats



Beautiful  
Community



Thai Yoga  
Massage



Bodywork



Explore the Tuscan  
countryside & sites



Astro Readings  
Gain insight, clarity &  
cosmic perspective

COME AS YOU ARE. LEAVE AS YOUR HAPPIEST NEW YOU.