



VILLA LENA BOTANICAL RETREAT

27 - 31 MAY 2021

DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE
	BREATH WORK CLASS Yoga Studio 8.00 - 9.00am		FORAGE AND HIKE Meeting Point Fattoria Reception 8.00 - 9.00am	
	BREAKFAST San Michele Restaurant 9.00 - 10.00am	BREAKFAST San Michele Restaurant 9.00 - 10.00am	BREAKFAST San Michele Restaurant 9.00 - 10.00am	FAREWELL BREAKFAST San Michele Restaurant 10.00 - 11.00am
	BOTANICAL PATTERNS Artists Studio (3) 10.30am - 12.30pm	FORAGE AND TASTE Villa Garden 11.00am - 13.00pm	BOTANICAL CREATION Fattoria 10.30am - 13.00pm	CHECK OUT Fattoria Reception by 12pm
CHECK IN Fattoria Reception from 4pm	HIKE AND PICNIC LUNCH Meeting point Fattoria reception 1.30 - 3.00pm	FORAGE LUNCH Villa Garden 1.00 - 2.00pm	OLIVE OIL TASTING LUNCH Yoga Deck 1.00 - 2.30pm	
HIKE TO VIEWPOINT Meeting point Fattoria reception 5.00 - 6.00pm	RELAX AND EXPLORE	RELAX AND EXPLORE	RELAX AND EXPLORE	
BOTANICAL TEA AND COCKTAILS San Michele Restaurant 7.00 - 8.00pm	DINNER San Michele Restaurant 8.00 - 10.00pm	BOTANICAL PIZZA San Michele Terrace 8.00 - 10.00pm	ARTISTS' APERITIVO In front of the Villa 6.00 - 7.00pm	
WELCOME DINNER San Michele Restaurant 8.00 - 10.00pm	FIREPIT NIGHTCAP Meeting point San Michele Restaurant 10.00 - 11.00 pm	SOUND JOURNEY Yoga Studio 10.00 - 11.00pm	BOTANICALS FEAST Fattoria 8.00 - 10.00pm	

Botanical Retreat

27-31 May 2021

WORKSHOPS AND ACTIVITIES

BOTANICAL PATTERNS with Nadine Goepfert

Get inspired by the nature that surrounds Villa Lena and explore intuitive ways of designing and creating simple patterns. Learn different techniques of working with fabrics using natural dye and plant pounding with the chance to create your own textile.

BOTANICAL CREATION with Rebel Rebel Italia

Work in collaboration with Rebel Rebel and create a large floral installation that will be the centre of the final celebratory feast. Learn many fundamental floristry skills using sustainable and reusable mechanics and locally foraged foliage and homegrown seasonal flowers.

BREATH WORK with Jessica Brown

This session will explore how through our breath, we are able to process stagnant emotions and find release. Conscious breathing increases our feelings of clarity and wellbeing, and our connection to our vitality and creativity. Learn to open and awaken the body through the breath.

SOUND JOURNEY with Jessica Brown

It is now widely known and proven that sound can be used as a healing tool. Medical visionaries explain that our bodies are orchestras that can be tuned and rebalanced through specific uses of sound. Whether one is experiencing fatigue, insomnia or anxiety, a 'sound bath' can bring deep relaxation and invite the system of the body into harmony. Through the use of various instruments including the voice, these sessions will be an experience in how vibration can reset, restore and revitalise, re establishing a sense of wholeness.

FORAGE AND TASTE with Paige Woodie

Join the Villa Lena Chef in Residence in the garden and pick what's best in season in our vegetable orto, crunch on some fresh greens, explore botanical recipes and share the meal together under the vines. Paige attended culinary school at Leith's School of Food and Wine in London and over the years has mixed her career in film with her passion for food, she brings her unique style to the farm to table concept at Villa Lena.

Contact [*host@villa-lena.it*](mailto:host@villa-lena.it) for more information and with any questions.