



VILLA LENA CREATIVE TRUFFLE WEEKEND

15TH - 18TH OCTOBER 2021

DAY ONE - 15th	DAY TWO - 16th	DAY THREE - 17th	DAY FOUR - 18th
	BALANCE IT OUT CLASS Yoga Studio 8.00 - 9.00am		
	BREAKFAST San Michele Restaurant 9.00 - 10.00am	BREAKFAST San Michele Restaurant 8.00 - 9.00am	FAREWELL BREAKFAST San Michele Restaurant 8.00 - 9.00am
	REBEL REBEL WORKSHOP Fattoria 11.00am - 1.00pm	TRUFFLE HUNT Meeting point Fattoria reception 9.00am - 11.00am	MORNING YOGA Yoga Studio 10.30 - 11.30am
CHECK IN Fattoria Reception from 3pm	LUNCH BY THE POOL Yoga Deck 1.00 - 2.00pm	TRUFFLE LUNCH WITH WINE PARING San Michele Restaurant 12.00pm - 2.00pm	CHECK OUT Fattoria Reception by 12pm
WELCOME TO VILLA LENA Meeting point Fattoria reception 4.00 pm	LA GALLERIA CERAMIC MASTERCLASS Ceramic studio 3.00pm - 5.00pm	CREATIVE WORKSHOP WITH ANAIS HAZO Artists Studio 4.00 - 5.00 pm	
REBEL REBEL WORKSHOP Fattoria 5.00 - 7.00pm	RELAX AND EXPLORE	RELAX AND EXPLORE	
WELCOME DINNER San Michele Restaurant 8.00 - 10.00pm	DINNER San Michele Restaurant 8.00 - 10.00pm	FAREWELL DINNER San Michele Restaurant 7.00 - 10.00pm	



Truffle Creative Retreat

15th-18th October 2021

WORKSHOPS AND ACTIVITIES

WHAT FEEDS — WHAT NURTURES with Anais Hazo

Wild and Fermenting Workshop. Learn about the ethics and techniques of wild fermentation with Anais in this conversational and practical workshop. Make your own facto-fermented jar, with fresh produce from the Villa Lena Garden and watch it evolve and develop over time.

FORAGED CREATION with Rebel Rebel Italia

Work in collaboration with Rebel Rebel and create Seasonal Flower Crowns and 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.

YOGA AND MOVEMENT with Marit Heinen

MORNING YOGA, Get a head start of the day by joining a morning vinyasa flow. Connecting our body and mind by stringing postures together from one to another, seamlessly, using breath.

Expect to move with your breath and focus your attention; This well-balanced flow class will get you out of your head and into your body. Modifications and challenges will be proposed during the flow to create the perfect flow for everybody and every body.

BALANCE IT OUT, This class is a balance of effort and ease. Without Yin there is no Yang, without Yang there is no Yin. This class will focus on forces that are opposite, complementary, and share an interdependent relationship. Balancing on all areas, breath, body and mind. Through a Yang practice we will warm up our body and try several poses where we will be challenged to step out of our comfort zone and see the world from a different perspective. The class will end with a more Yin practice where we will hold the poses longer to relax and calm the nervous system.

CERAMIC MASTERCLASS with La Galleria Montelupo

Learn how to throw pots with guidance from La Galleria Montelupo a family ceramics studio that for generations has produced and shipped handmade pottery all over the world.

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