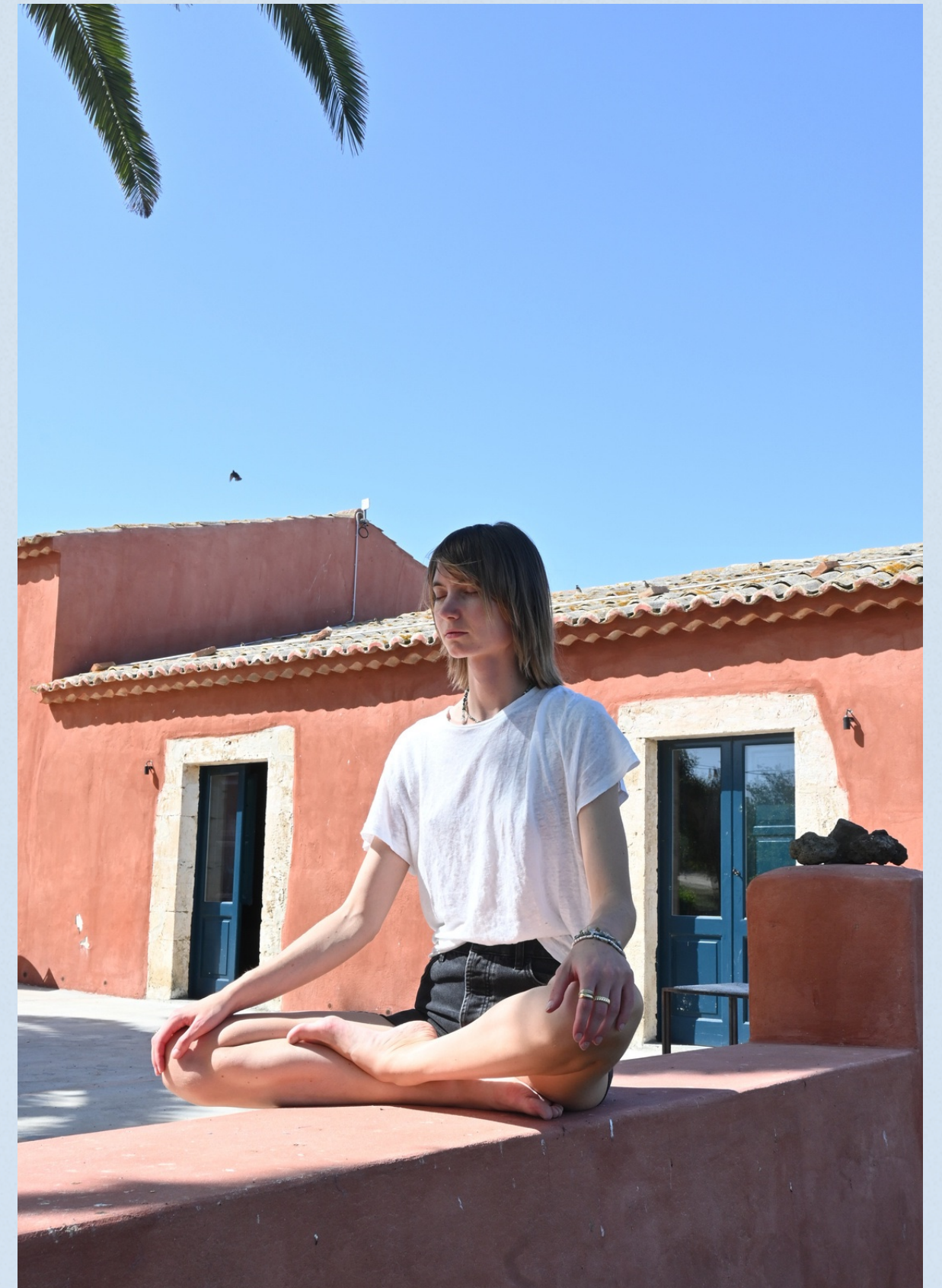




RETREAT FOR THE SENSES

YOGA RETREAT @ DORILLI PLANETA
W/ ALEXANDRA MEFFERT



stråla



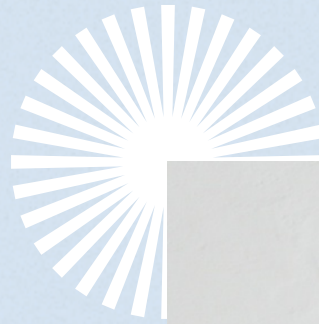
PLANETA

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welcome



about



ALEXANDRA MEFFERT

I started practicing yoga as a teenager and have been teaching since 2017. I am certified in more than 840hrs of strala YTT and am also training others. In Düsseldorf, I run my own strala yoga studio called *light space movement*.

Next to yoga, I hold a BA in Art History and Business Administration (HU Berlin), an MA in Art business (Sotheby's Institute, NYC) and am a Pdh candidate in art market (HHU Düsseldorf) and run my own art gallery *wildpalms*.



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PLANETA



Meet the Planetas: a family that since five centuries has been involved with the course of agricultural evolution in Sicily. With an approach always inclined to openness and innovation. Learning from each generation the Planeta family stays for change and to generate positive changes around the people and in the culture.

During the 1900's Grandfather Vito was an innovative mind, moving towards new solutions and new challenges. At Menfi he transformed their small family winery into a large co-operative winery that in a short time, under Diego's management, became a collective property and a model of local development. Diego contributed as chief mover in the wine making renaissance of Sicily, transforming it into a huge experimental laboratory, creating one of the worlds best wines.

Now, Francesca, Alessio, Vito, Santi and other family members are shaping the future for the upcoming generation. Creating enviromental and socially approaches towards agriculture, hospitality and wine.

DORILLI

TOWARDS A NEW DEFINITION OF LUXURY

Real luxury is nature. Being able to eat fresh and sunripened produce, without additives and conservatives, experience the tranquility and vitality of nature.



This retreat is designed to be in an intimate and familiar environment. With only 7 rooms, we will be a small group of people, where everyone can get to know each other, laugh a lot, have fun, and at the same time have the space to relax and retreat. There will also be enough time for you to deepen what we learn and discover.

it includes next to lodging and pension

- 2 daily yoga/workshop sessions, plus a daily morning meditation session
- Planeta wine tasting
- We will also enjoy an evening of cooking our own authentic Sicilian-Italian pizza
- Trips to Noto or Ragusa or Modica or Caltagirone (optional)

Spend 5 days, 4 nights, combining the best of yoga and wine, food and nature - connecting back with nature to relax, knowing Sicily and to enjoy.





THE YOGA

STRALA YOGA

This retreat will offer a wide range of strala yoga classes with special focus of finetuning the senses.

One just has to say it out loud: Strala yoga is the best yoga thing you can do, especially for a retreat where you want to relax and take back home more ease in your life.

Throughout the days, we will go through a variety of breath-movement excersises, classes and a full workshop, where you learn to listen to your senses and what your very wise body tells you. They are designed to build up on each other, that at the end of the retreat, you will have learned many key elements that are a total game changer when it comes to movement, finding ease and relaxation and the great magic tool called breath.

At the end of this retreat, you will also receive a certificate of having completed a 10hrs Strala Yoga "breath-body-connection" course.



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THE WINE



For the Dorilli Retreat, we will visit the Planeta Buonivini near Noto for a guided winetasting of special wines selected from the Repertorio Planeta, as well as an aperitif and a freshly cooked Sicilian lunch.

The Planeta Winery is a family run vinyard with 5 locations in different parts of Sicily.

Planeta has been the most ranked wine in a short period of time, with reviews and recommendations in renown papers, such as Financial Times, Forbes, The Guardian, Washington Post and more.

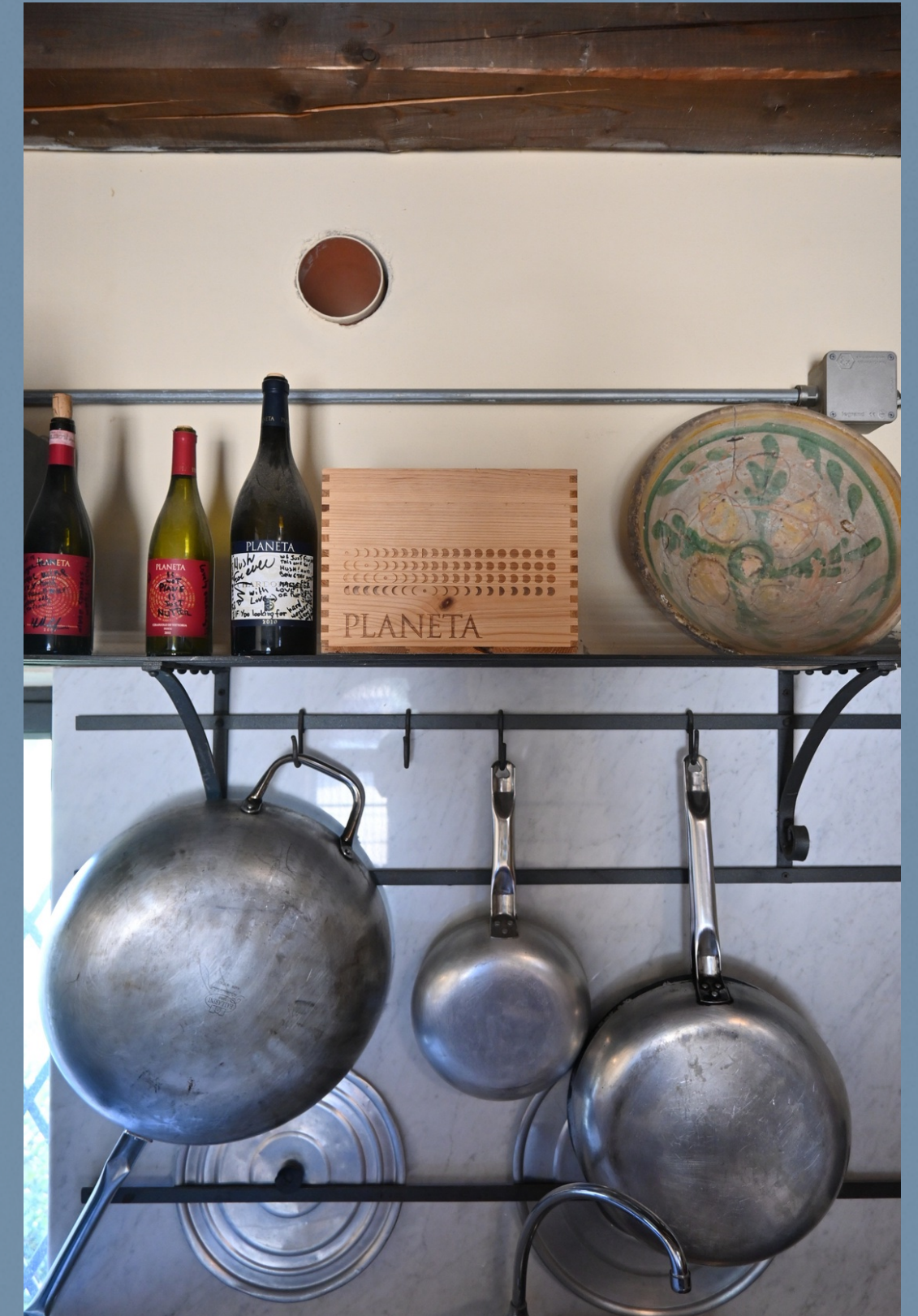
The Planeta brand was the highest climber after rising 22 places year-on-year to number 17 on the list of The World's Most Admired Wine Brands 2021 in FT.

THE FOOD



Sicilian healthy home cooking is part of the retreat. Every morning enjoy the breakfast in the large cozy table, attended by Mrs. Mimma, the sweetest person you will meet.

Veggie and vegan special meals will be nourishing our bodies and souls, with vegetables from the region, supporting the local farmers and producing an important social impact.





THE ROOMS

All rooms have their own unique differences, decorated and designed with a lot of care and come with their own bathrooms. Rooms can be booked as single or double use.



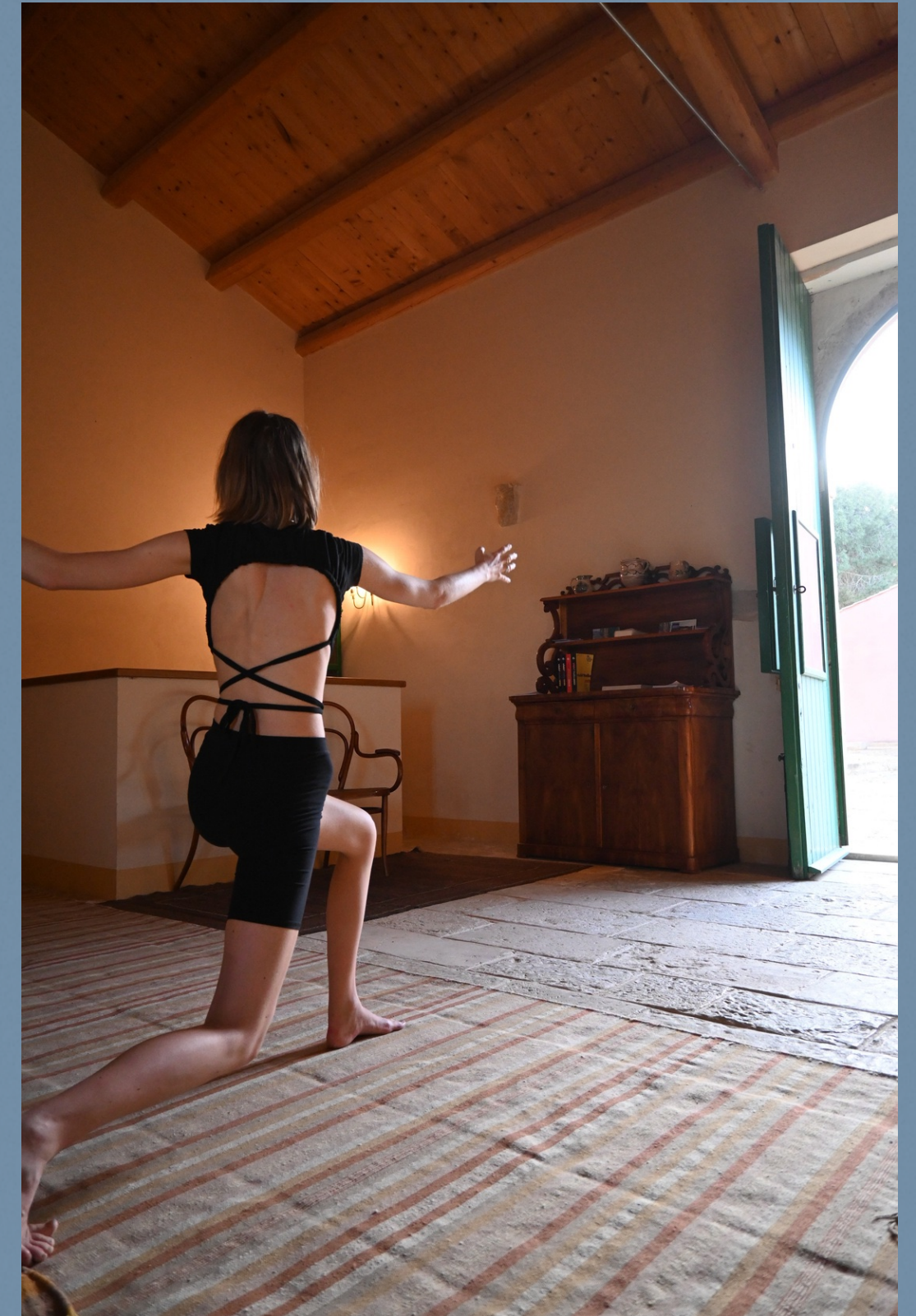
THE SCHEDULE

The retreat consists of an optional daily morning 30min meditation and breathing session, followed by delicious breakfast!



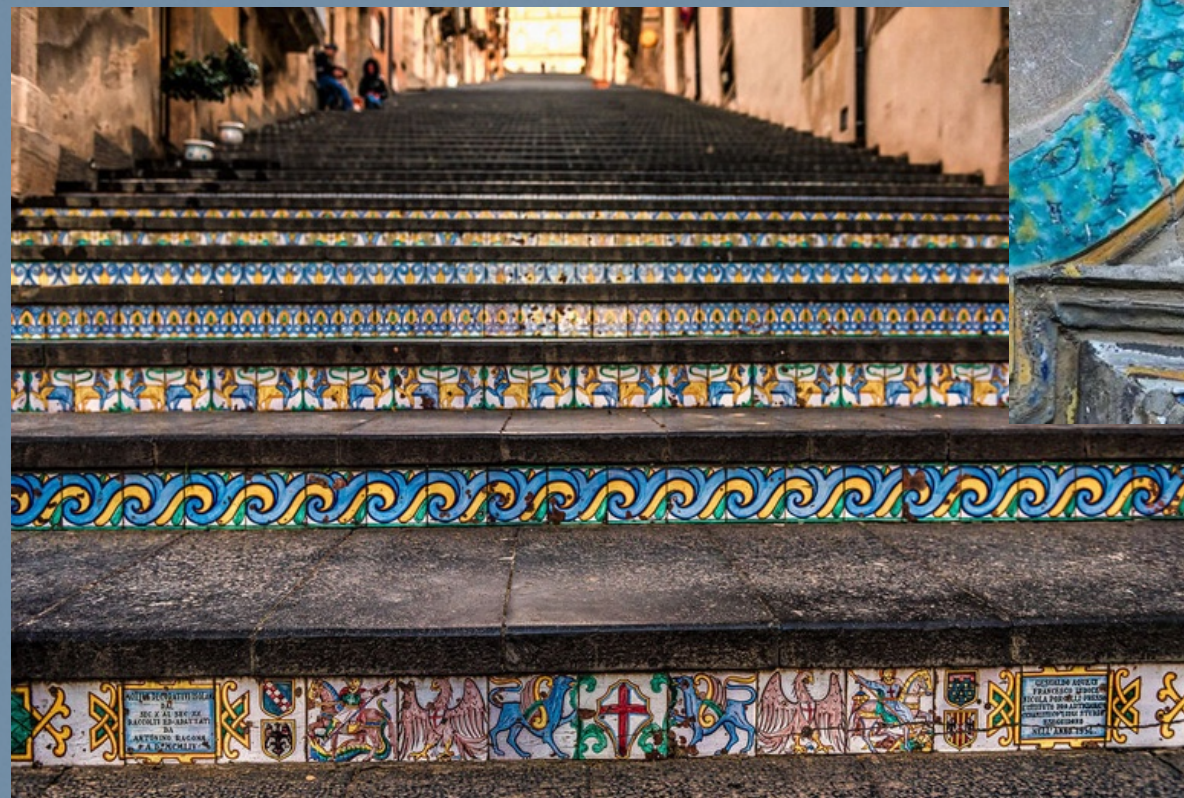
The mornings are for yoga - a fun class or workshop to start with energy into the day!

Lunch is accompanied by the best wine for an incredible experience.

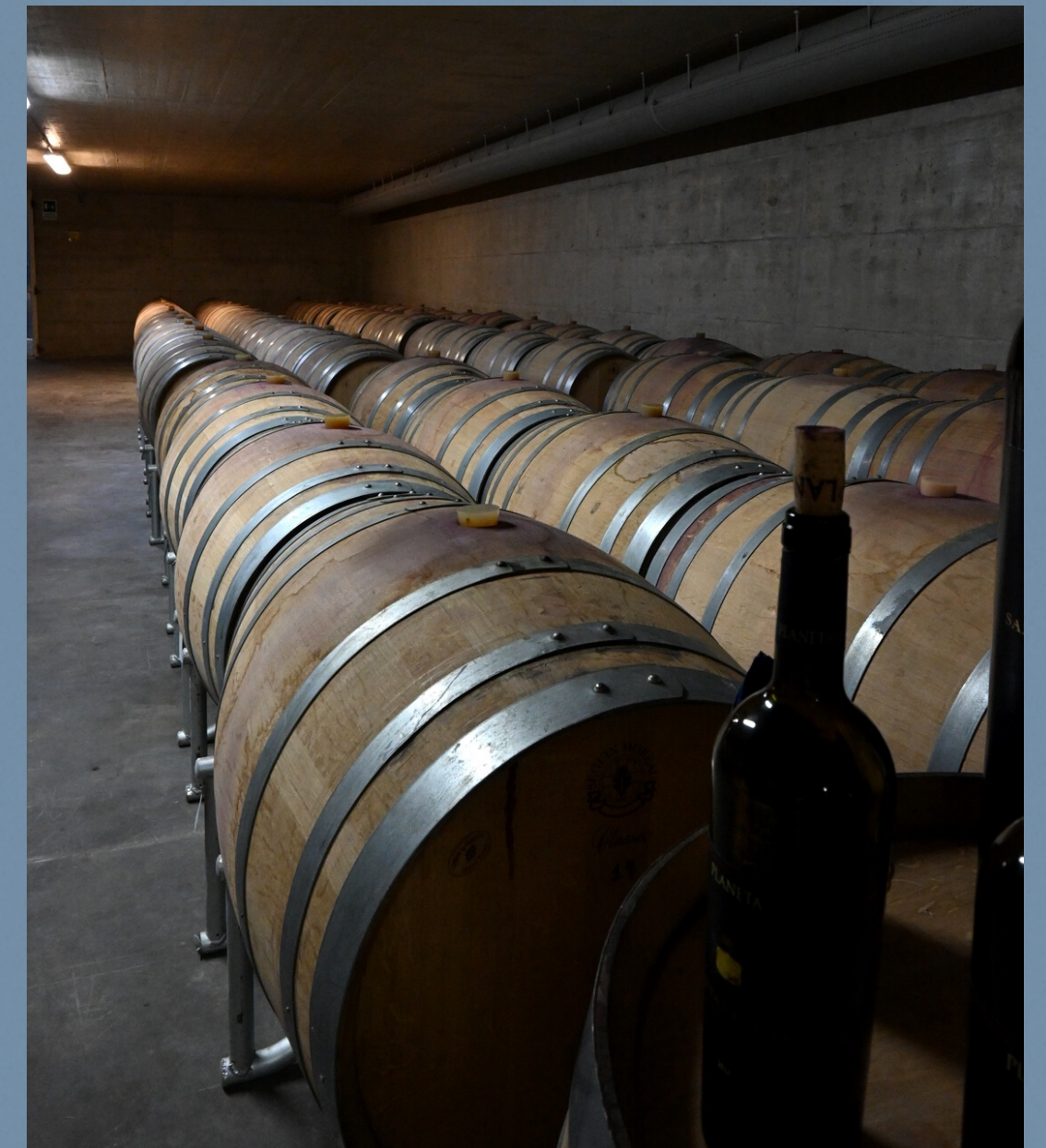


THE SCHEDULE

The afternoons can be filled with different activities, like a visit to Caltagirone, known for the Sicilian ceramics



to a wine tasting at Buonivini Planeta in Noto



THE SCHEDULE

... and making your own Sicilian pizza!



The evenings we end with another session of slow and relaxing yoga, followed by a delicious dinner and Planeta wine!



THE SCHEDULE



you can also always take time for yourself. Reading your new book under a tree or taking a swim and looking towards the coast in the natural pool. Or walking in this incredible area and discovering many things about you, nature, Sicily and life.



THE AREA

DORILLI, VITTORIA & BUONIVINI, NOTO



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TREAT YOURSELF!

