

The Wellness Host

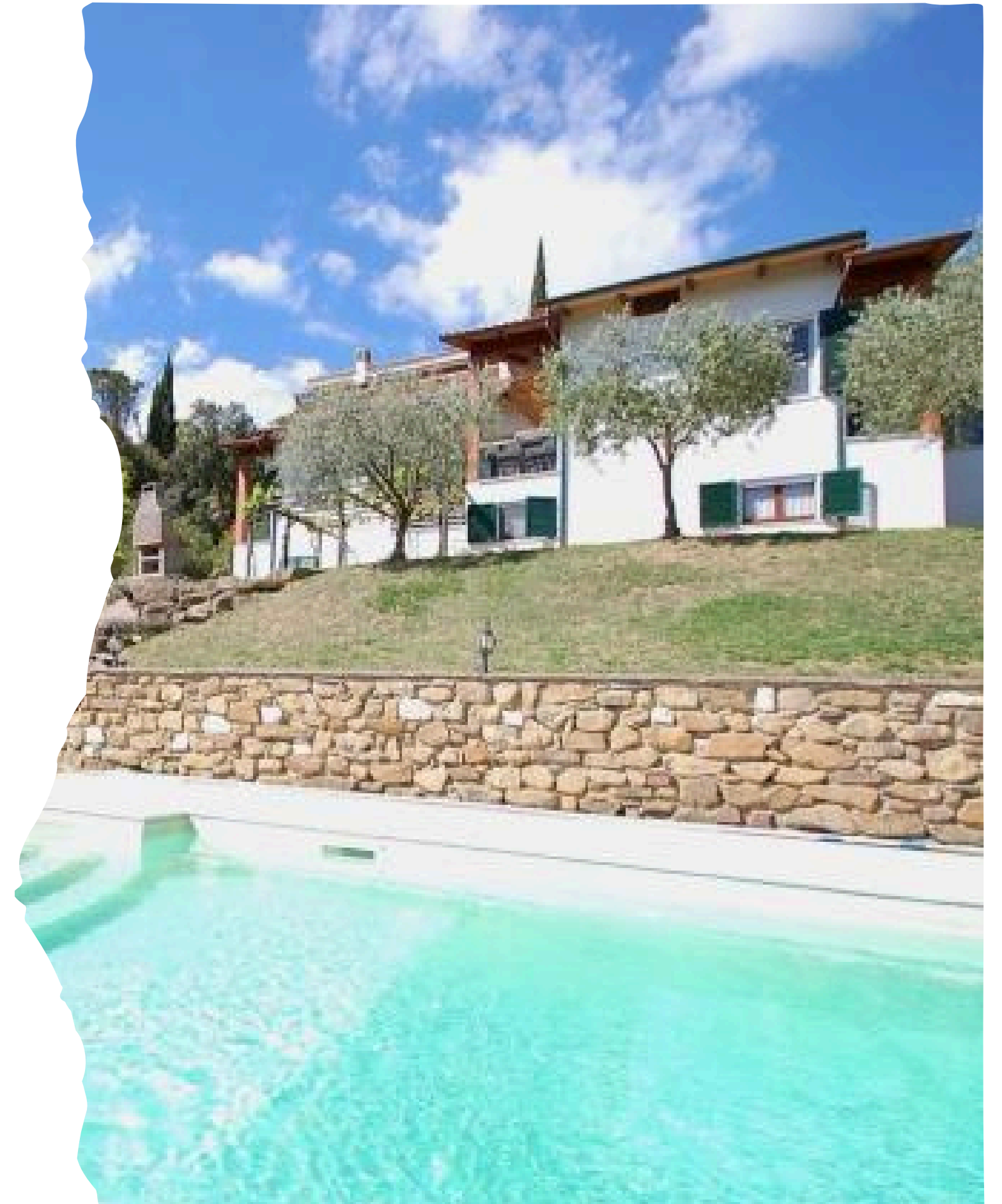
# Performance Camp Italy

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Small Group • High Impact

📍 Passignano sul Trasimeno

26 - 30 September 2026





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# Purpose of the Week



**You are capable of more than you think!**

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These are 5 days of hard work, smart recovery and coaching that aligns perfectly with where you are right now. Alternated with chilling at the pool and in nature.

## **Through a combination of:**

- Structured training
- Recovery practices
- Natural environment
- Delicious and nutritious meals full of protein
- Guided coaching
- Opportunities for 1:1 coaching & training





# ❖❖ For who?

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## **Designed for individuals who:**

- Find it difficult to recover between training
- Are in need of a few days fully taken care of
- Perform less when under pressure
- Want to build real strength, resilience and endurance
- Ready to be challenged with new experiences
- Want to focus 5 days on their own body and mind

## **Focus:**

- Strength, endurance & technique
- Performance under pressure
- Mental relaxation
- Be cared for

# Date & Details



26 – 30 Sept 2026

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## Your guides

- Mus: Kickboxing- and Muay Thai Trainer
- Myrthe: Intermittent Living Coach & Wellness Host

## What you'll experience

- Coaching sessions: Your challenges dealing with pressure
- Kickboxing & Bootcamp training
- Breathwork
- Ice bath experience
- SUP yoga on the lake
- Rest & reflection time
- Local Wine Tasting experience
- Opportunities for Personal training- and coaching



# Daily Schedule

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8:30	Morning ritual
9:30	Breakfast
10:30	Coaching Session
12:00	Kickboxing training & Recovery
13:30	Lunch & Rest
15:30	Guided activity
17:00	Rest & Optional 1:1 Training
19:00	Dinner

This schedule is a set up that could change depending on the desires of the group. We like to create it together.\*



# Who Can Join? ✨

## Open to all levels

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No prior experience in yoga, breathwork or kickboxing required. For the Performance Retreats we do recommend to have a good basic endurance level.

Perfect for solo travelers, couples, and small groups.

### **Some activities are not suitable for/ with:**

- Pregnancy
- COPD
- Cardiovascular diseases
- Severe asthma
- Uncontrolled high blood pressure

If unsure, please consult your GP before booking.



# Location & Accommodation



At Passignano sul Trasimeno Villa Luca sits among quiet hilltops with beautiful views over the lake. The large garden with pool provide a perfect environment to be outside, play and relax.

The villa has six bedrooms. Three with two separate beds, two smaller private bedrooms, and one small two-person studio with a private bathroom. For single room upgrades, please contact The Wellness Host.

## **Travel details**

Airport: San Francesco d'Assisi, a 30-40 minute drive to the accommodation.

Free on-site parking available.

Address and a detailed description will be provided after booking.



# What's Included?

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- 4 nights in Villa Luca
- All meals: fresh and delicious
- All activities
- Transfers to and from activities
- Professional training and guidance

## **What's not included**

- Travel to and from accommodation
- Private expenses
- Private coaching- and training (booking available during Retreat)






# Booking

Spaces are limited. Reserve today!

**Your investment**  
**€ 1059 ,-**

**Reserve your spot**



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