

The Wellness Host

Retreat Italy

5-Day transformative Retreats in Italy

Small Group • High Impact

📍 Passignano sul Trasimeno, Italy

29 August - 2 September





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Purpose of the Retreats

Disconnect to reconnect.

The retreats are meant for hard working women who are prepared to reflect and work on themselves, as well as experience new things. Alternated with plenty of free time at the pool and in nature.

Through a combination of:

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





Reset Retreats

Rebuild Rhythm & Restore Energy

Designed for women who:

- (Almost) never take time for themselves
- Feel overstimulated
- Mentally overworked
- Feel unsatisfied
- Need a week of self care and reflection
- Are ready to be honest and take action

Focus:

- Nervous system regulation
- Core value alignment
- Energy management
- Personal reset



Date & Details ✨

29 Aug – 2 Sept 2026

Your guides

- René: Wim Hof Instructor & Coach
- Myrthe: Intermittent Living Coach & Wellness Host

What you'll experience

- Coaching sessions: Core values & Energy management
- Breathwork & yoga sessions
- Ice bath experience
- SUP yoga on the lake
- Nature walks & reflection time
- Local Wine Tasting experience
- Opportunities for personal coaching



Daily Schedule*



8:30	Morning ritual
9:30	Breakfast
10:30	Coaching Session
12:00	Breathwork & Yoga
13:30	Lunch & Rest
15:30	Guided activity
17:00	Rest & Optional 1:1 Coaching
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

No prior experience in yoga or breathwork required.

Perfect for solo travelers, couples, and small groups.

Some breathwork 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?

- 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)





Book Your Spot

Spaces are limited. Reserve today!

Your investment
€ 1059 ,-

Reserve your spot



+39 3287258218



thewellness.host



info@thewellness.host

