

The Wellness Host

Retreats & Performance Camps

5-DAY TRANSFORMATIVE RETREATS IN ITALY

Small Group • High Impact

📍 Passignano sul Trasimeno, Italy
August – October 2026





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Purpose of the Retreats



DISCONNECT TO RECONNECT.

The retreats are designed to restore balance between effort & recovery.

Through a combination of:

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





❖❖ Reset Retreats

REBUILD RHYTHM & RESTORE ENERGY

Designed for individuals who feel:

- Tired
- Overstimulated
- Mentally overloaded
- Misalignment between core values and daily life
- They need a week of self care
- It's time to reflect

Focus:

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



Reset Retreat 1 ✨

29 AUG - 2 SEPT 2026

Your guides

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

What you'll experience

- Coaching sessions: Identifying and aligning core values with daily life
- Breathwork & yoga sessions
- Ice bath experience
- SUP yoga on the lake
- Nature walks & reflection time
- Local Wine Tasting experience
- Opportunities for personal coaching





❖❖ Reset Retreat 2

12 - 16 SEPT 2026

Your guides

- Rick: Intermittent Living Coach & Physiotherapist
- Myrthe: Intermittent Living Coach & Wellness Host

What you'll experience

- Coaching sessions: Identify energy leaks and givers
- 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





❖❖ Performance Camps

TRAIN HARD, RECOVER SMARTER

Designed for individuals who feel:

- Stressed under pressure
- Overloaded when life gets busy
- Fit, but not fully resilient
- You perform, but don't recover well
- A need to get away from daily stress
- It's time to reflect

Focus:

- Strength, endurance & technique
- Pressure testing
- Recovery
- Reflection

Performance Retreat 1

26 - 30 SEPT 2026

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



Performance Retreat 2



10 - 14 OCT 2026

Your guides

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

What you'll experience

- Coaching sessions: How to recognize and tackle fatigue?
- 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



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



Who Can Join



OPEN TO ALL LEVELS

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

- 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!

Early bird pricing

To 30 June

Programme: € 1200,-

Accommodation: € 335,-

Regular pricing


From 1 July

Programme: € 1300,-

Accommodation: € 335,-

BOOK HERE



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