



**02 – 08 MAY 2024**

***Welcome to  
Inner Light Retreat***



*Unique, hidden gems  
worldwide destination*



## ***Your Holistic Adventure in Puglia***

*Welcome to the Inner Light Retreat, a sanctuary where your journey to spiritual awakening and transformation unfolds amidst the serene beauty of Puglia, Italy. Here, in a private villa graced with ancient Trulli and embraced by olive groves, we invite you to reconnect with your inner light and embrace the tranquility of your soul.*

*Join us on a 6 days retreat dedicated to those who know the key to a good life is balance — taking care of yourself while also enjoying little moments in life, such as good food, company of amazing people and soaking up the Italian sun.*

*Designed to help you mentally and physically recharge.*

*Developed for contemporary wellness seekers experiential travellers*





*Relax soak up the sun at our private swimming pool with water cascade and hydromassage listening to chill out Dj music sets ( weather permitting ) and recharge with massages.*





**Take Time For Yourself  
and Prioritise Pleasure**



**Meet us at boutique traditional trulli villa well-being retreat in Puglia, Italy.**

Recognised by Unesco World Heritage Site, the history of the trulli is as fascinating as their shape, perfect in its simplicity. The origin of these domes, known in Greek as tholos, which later became "trulli", is shrouded in mystery. Some believe they are indigenous constructions, others believe there was influence from other peoples given the similarity to the Mycenaean tomb. The oldest existing trulli date back to the Middle Ages, when peasants, collecting the numerous limestone stones, built these casedde, or small houses, where they lived with their families and animals. Modest but ingenious dwellings: in fact, it was enough to remove the supporting stone, known as the keystone, for the entire structure to collapse, thus avoiding having to pay the tax on the house to the viceroy of the Kingdom of Naples during inspections. The top of the trulli is called a pinnacle, for some they are the marks of the owner or builder, the master trullaro, others claim they are magical, prehistoric symbols.

Magical experience to actually sleep in one of them!





*Our retreat house is an ancient structure in Puglia converted into a charming trulli villa .  
Completely renovated and furnished Apulia mansion retains the charm and elements of  
local history.*



*All the accommodations are designed to make guests feel “at home” and have independent  
entrances, big or small kitchens, panoramic terraces or outdoor patios.*

*The use of solar panels, the collection of rainwater for irrigation, the elimination of many  
plastic objects and many other gestures reflect venue’s values of eco-sustainability.*

*The project is to take care of nature together with the guests, because it paints for us, day  
after day, pictures of infinite beauty.*

*In Vale d’Itria area where our retreat villa is located the practice of yoga is widespread,  
teachers and students try out the asanas, surrounded by the energy of a living and  
mysterious nature.*

*The welcoming town of Cisternino is only 3 km away. This town is part of the Murgia dei Trulli  
and has been named one of the one of the most beautiful towns in Italy.*





## **Visit to Local Olive Farm**

*In Puglia they call it “green gold”. Indeed extra virgin olive oil is a very important resource, from all the way back in ancient Roman times to the present day. Coming to Puglia admiring the beautiful landscape covered with ancient olive trees as far as the eye can see you can’t miss a visit to a typical olive farm so you can taste delicious freshly pressed extra virgin olive oil. This region is Italy’s top regional producer of olive oil with around 40% of total output.*







## ***Experiences Included***

### ***Italian Cooking Class – local cuisine***

*Immerse yourself in a private pasta making class at our villa, learn the secrets of the region's most famous pasta and prepare it with your own hands. Learn how to prepare fresh pasta, such as famous orecchiette*



## ***Pizzica Night***

*Join us for a vibrant and unforgettable Pizzica night, where you'll be transported to a world of energetic rhythms, passionate melodies, and incredible dance moves. Indulge in delicious local cuisine, sip on fine wines, and let the infectious beats ignite your soul. Whether you're a seasoned dancer or a curious beginner, our expert instructors will guide you through the steps and ensure an incredible evening of fun and cultural immersion. Come and join us for a Pizzica night that will leave you with memories to last a lifetime.*





## Rooms



### ***Your Sacred Space of Serenity***

*Choose your sanctuary from a selection of double, twin, or triple rooms, including unique Trulli accommodations. Each private apartment, complete with a kitchenette and en-suite bathroom, serves as your personal retreat for reflection and rejuvenation.*

***Prices start from £2040.00 depending on the room and sharing option.  
For more info please contact Jayne +44 79700 00016 or Luna +44 77862 62046***

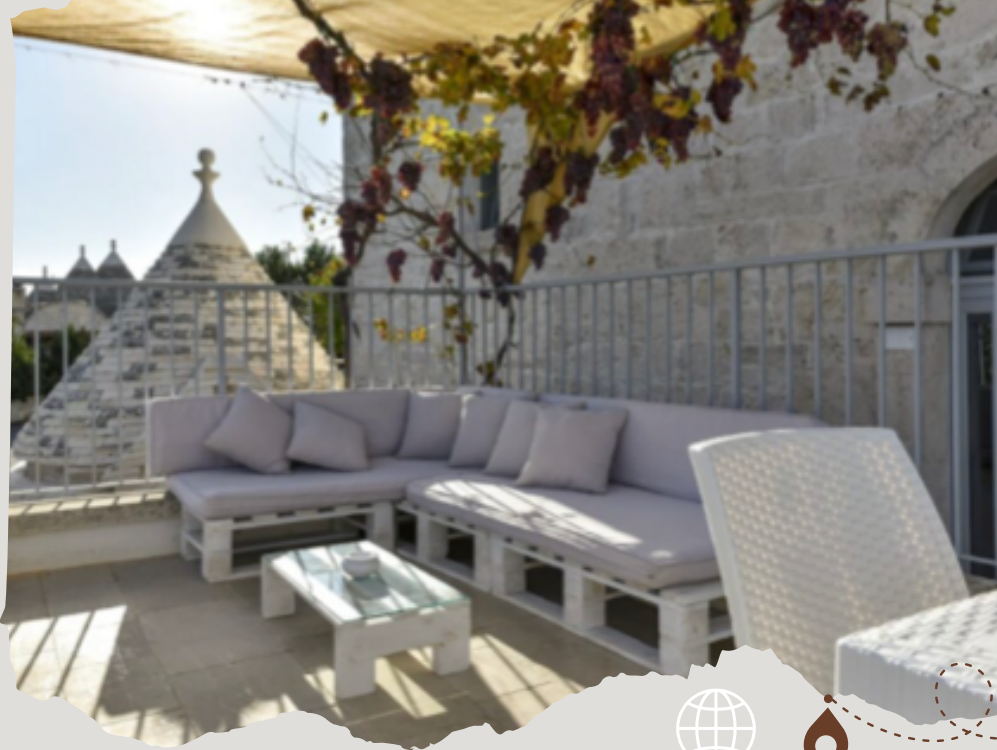


















## ***Divine Nourishment for Body and Spirit***

*Experience culinary alchemy brunch and dinner with our private chef's vegetarian creations, each dish a celebration of Earth's gifts, designed to nourish your body and elevate your spirit.*





## ***A Celestial Tapestry of Transformative Experiences***



*Yoga and Meditation: Engage in daily practices that balance and open your chakras, inviting a profound sense of harmony.*

*Soma Breath Work and Sound Baths: Explore the depths of your being through transformative breath techniques and the healing vibrations of sound.*

*Nia Dance and Pizzica Night: Dance as a form of spiritual expression with Nia dance, and connect to local heritage with an evening of traditional Pizzica folk dance.*

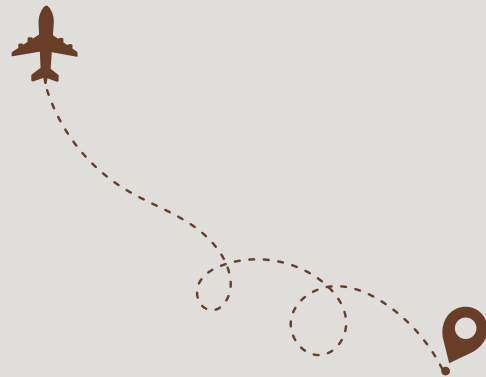
*Healing and Personal Growth: Personalised Reiki sessions, bespoke coaching, and massages under ancient olive trees offer pathways to deep inner healing and self-discovery.*

*Cultural and Natural Immersion: Partake in an Italian cooking class, connect with nature on horseback along the beach, and journey through the local olive farm landscape.*





**Program Includes**  
Sun Gazing  
Daily Yoga Classes  
Soma Breath Work  
Resistance Bands Training  
Ecstatic Dance and  
Nia Dance  
Mindset, Self Love Tools,  
Techniques and Visualisations  
Meditations  
Sound Baths



### **Excursions Included**

Horse Riding at the Adriatic seaside.  
2 hours horse riding on the beach  
A ride to discover the pure nature  
of Puglia. Horse riding excursion by  
the sea will make you discover the  
uncontaminated nature of this  
region.





## **To Book Your Place**

*Prices start from £1950 depending on the room and sharing option.*

*To embark on this path of enlightenment, reserve your place with a £900 deposit (non-refundable).*

## **Included in the price**

*1 x transfer from and to airport*



## **Not Included in the price**

*Flights*

*Insurance ( strongly recommended )*

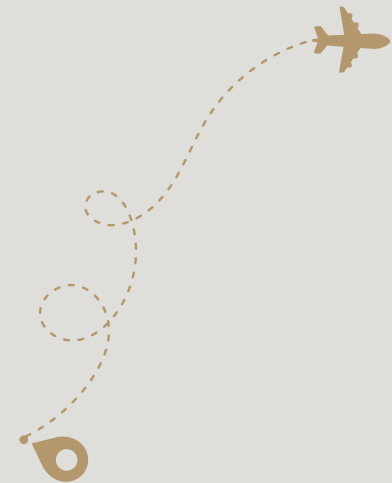
*Boat Trip*

*Massage*

*1;1 Reiki*

*1;1 Coaching Session*

*Bike Rides*



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*The Inner Light Retreat is more than a getaway; it's a pilgrimage to the heart of your spiritual essence.*



To check terms and conditions please go to [www.marlenaluna.com](http://www.marlenaluna.com)

*Limited Spaces for an Intensely Personal Experience*

*Join us at Inner Light Retreat, where each moment is a step towards greater self-awareness, peace, and the awakening of your inner light.*

*Love & Light  
Team Inner Light*

