

Macchione Men's Retreat

kinship . connection . personal growth

Antico Macchione, Tuscany

October 18 - 23, 2025





So, you're thinking of joining the retreat. Here's all the useful info you need to know...

The Macchione Men's Retreat is a 5 night get-away in the heart of Tuscany, brought to you by renowned yoga teachers, Patrick Nolan and Cally Albrecht.

Both Patrick and Cally developed their love of yoga while balancing other full-time and demanding careers. Patrick was a journalist and TV news anchor, Cally was the manager of an international education business. Yoga was the much-needed antidote to their pressurised lives. However, over time and each in their own way, the balance began to shift and what started to emerge was a deeper calling, towards teaching and sharing these transformative practices with others.

After co-hosting previous mixed retreats together, Patrick & Cally felt it was time to launch a retreat experience exclusively for men.

Designed thoughtfully for men from all walks of life, this retreat has been created to offer an inclusive and non-judgemental space to explore the path towards living a more balanced and connected life.

What exactly is a retreat?

A retreat is an opportunity to step away from your day-to-day and to be in an environment dedicated to your wellbeing. Once you have arrived, everything is taken care of; daily schedule, nourishing food, drinks & snacks, a super comfortable room for a restful night's sleep, en-suite bathroom facilities, daily yoga/meditation practices, free time in an incredible setting to rest, read, hike or chat to your fellow retreaters, plus visit some of the best sights in Tuscany.

A retreat is an invitation to spend a bit more time getting to know ourselves; to shift out of auto-pilot and for a few days to reflect upon the habits and patterns we engage in - often mindlessly - to move towards making more intentional choices about how we wish to live.

The aim is to leave feeling extremely well-rested and freshly inspired, with a renewed sense of verve and vitality.



Macchione; your private retreat villa, surrounded by rolling hills & tucked away in the heart of Tuscany.

A retreat is both a place designed to be a tranquil get-away and the act of stepping away from your daily rhythm and to go at a more gentle pace, with time to reflect and recharge.

What to expect

You may or may not have been 'on retreat' before and you may be wondering what to expect.

A retreat is not 'just a holiday'. It is a unique travel experience, bringing together open-minded individuals with a shared interest. It is both a group experience and an individual one. The group aspect of being on a retreat acknowledges that this is a communal space and there will be shared meal times and activities. It can be helpful to leave aside too many expectations, to join with a sense of curiosity about what the week has in store for you.

We ask all members of the group to be mindful of others, their space & time and to uphold the yoga values of kindness, respect and non-judgement. At the same time, this is YOUR time, your individual experience.

We recognise that time (and money) are precious commodities and a retreat is an investment.



The Programme

DAY 1: Arrive at the villa, welcome drinks & dinner

DAY 2: Villa day with options for yoga, hiking, biking & relaxing.
Visit from a local wine maker with Tuscan wine tasting & pasta making class

DAY 3: A relaxed morning at the villa. Afternoon exploring medieval Siena

DAY 4: Villa day with yoga, group hike, optional bike tour
Afternoon olive harvest & pizza making evening

DAY 5: A relaxed morning at the villa. Afternoon exploring the Val d'Orcia

DAY 6: Breakfast & departures



A TYPICAL DAY...

08.15 Morning yoga practice with Patrick

09.30 Buffet breakfast

11.00 Group activity

13.00 Lunch

14:00 Free time for hiking, biking, reading or relaxing

17.30 Evening guided meditation

19.30 Dinner

Meet your hosts

Cally Albrecht is the owner & host of the Tuscan farm-stay, 'Antico Macchione', your home for the retreat. The retreats at Macchione are the result of a huge 7 year property restoration, which was sparked by Cally's own life-affirming experience of being 'on retreat'.

A long-time student of yoga with a particular interest in the application of yoga philosophy to mental and emotional health, Cally is committed to creating retreats in which guests from all backgrounds can explore the importance of investing in our personal growth and fostering the mind-body connection.



Patrick Nolan is our highly qualified and experienced yoga teacher and meditation guide for the retreat. He has trained extensively with the Amrit Yoga Institute and the International Association of Yoga Therapists.

Patrick travels often, both as a retreat leader and as an attendee, investing in his ongoing personal development as much as his ability to skilfully guide others.

As a teacher, Patrick is both welcoming and generous - sharing with honesty from his own experience as well as honouring the rich lineage through which he has studied.

For those completely new to 'mindful' practices, such as yoga and meditation, Patrick creates a fully inclusive environment, inviting you to join just as you are (tight hamstrings, aching joints and scattered minds all welcome and most definitely familiar). Patrick also brings humour and a very healthy dose of real-ness which is both refreshing and relatable.

If you have never before tried yoga, meditation or nidra*, Patrick will make these practices totally accessible. If you have, prepare to meet a new depth of practice and inner awareness.

*Yoga Nidra is a form of deep relaxation. Yes, it's actually yoga where you take a nap. You can thank us later.



Location

The full name and address of the villa is:

‘Podere Macchione’, Via di San Martino 1000L, Località San Fabiano, Monteroni d’Arbia, 53014 Siena.

Although named ‘Podere Macchione’, it is known simply as ‘Macchione’. The word ‘podere’ is a local word for farm / farmhouse and ‘Macchione’ means the big shrub-land. As a working farm and guest-house we operate under the company name, ‘Antico Macchione’ (old-Macchione).

Located in the province of Siena, on a farm estate called ‘San Fabiano’, just outside a small town called Monteroni d’Arbia.

Nearest airports are: Perugia (1 hr 15 min) Pisa (2 hrs) Florence (1 hr 30min) Rome (2 hrs 45 min)

Siena train station – 25 minutes

Famous Tuscan towns of Montalcino / Montepulciano / Pienza / San Gimignano / Chianti, all within 45–60 minutes

‘Macchione was a crumbling ruin when we first found it in October 2015 with the surrounding land almost reclaiming the entire building, as vegetation grew in and amongst the rubble.

The intention was to find somewhere rural that could become an inviting guest space and retreat centre.

When we first stumbled upon Macchione, we knew instantly there was something very special here.

Through blood, sweat and tears, and no less than 7 years (!!!) we carefully brought it back to life.

‘But something else started to happen; in the process of restoring the neglected farmhouse, the place started to restore something in us; our connection to nature and to one-another. This place is so completely in harmony with the gentle landscape that surrounds it, you cannot help but feel restored here. Hence we have kept our original Instagram handle ‘@restoring_macchione’ as a nod to all that takes place here.

The farm is 34 acres (14 hectares) in total and is made up of agricultural land (a lavender field, producing organic essential oil and olive groves producing organic olive oil) two areas of woodland, a small lake and garden areas. There are some amazing hikes both on property and in the surrounding area.’

Cally & Nick Albrecht, Owners & Restorers of ‘Macchione’



Getting here.

The arrival day is SATURDAY 18 OCTOBER in the afternoon with a welcome dinner on Saturday evening.

The departure day is THURSDAY 23 OCTOBER in the morning, after breakfast.

A pick-up on arrival and drop-off on departure from Siena or Florence is offered at no extra cost on the arrival and departure days of Saturday 18 October / Thursday 23 October.

Timings to be confirmed.

A transfer from other airports can be arranged at an additional cost (price depends on the airport / length of journey / number of people travelling together).

We aim to keep the additional costs of transfers to a minimum by grouping together arrivals / departures as much as possible.

Once you have booked your flights / travel plans, we ask you for your flight information and plans for getting here. We will then be able to arrange group transfers and pick-ups accordingly.

If you plan on making your own way to the villa, perhaps because you will already be in Italy or plan on staying in Italy after the retreat, then you will need to hire a car, as we are in a rural location. We will happily provide detailed driving directions.

There are public transport links to our nearest town, Monteroni d'Arbia, where there is a train station and public buses run between Siena and Monteroni d'Arbia.

We can also arrange a free pick-up from Monteroni train station on the arrival day.

Staying here.

Accommodation is in private or shared (twin or triple) bedrooms.

All rooms have their own en-suite bathroom with shower. One room also has a bathtub.

Private rooms have large double beds.

Shared rooms are of a very good size, comfortably accommodating two single beds or 3 singles in our triple room.

For any couples travelling, all private rooms can comfortably accommodate 2 guests.

All bedrooms are bright and airy with rustic-luxe styling.

Natural materials and earthy tones have been used throughout, creating a restful setting.

There is Wi-Fi throughout.

Food & drink - meals will be home-cooked by our private chef, Massi, with locally sourced seasonal ingredients. We carefully plan the meals to be nourishing, balanced and delicious. Special diets can be catered for (allergies, gluten free, dairy free, vegan...) and you will receive a pre-retreat questionnaire to complete before arrival to share your info with us.

There will be fruit, snacks, teas / coffee available throughout the day and you are invited to make yourself totally at home here. Local wines are available to enjoy with dinner.

Payment info

To secure your place, upon booking we ask for a holding deposit of €250 per person.

The remainder of payment is then required on or before 18 September 2025 (30 days prior to arrival)

Payment is to be made in Euro (€) and by using the IBAN number below to the account named 'Società Agricola Antico Macchione' (this is the name of our agricultural & rental company at Macchione).

Please note, different banks will apply their own charges for international bank transfers and we ask you to ensure that any charges are covered by you.

You may prefer to use an online money transfer option with lower charges such as [WISE.com](https://wise.com)

Payment by International Bank Transfer to the account as follows:

IBAN: IT82T0707571890000000015805

SWIFT / BIC Code: ICRAITRRTV0

Bank Name: Banca Cras-Credito Cooperativo Toscana

Account Name: Società Agricola Antico Macchione

Payment Reference: As your payment reference please state your name plus OCT 25

Room Rates - all rates are per person:

TRIPLE ROOM: €2200

TWIN ROOM: €2800

PRIVATE ROOM: €3600

Cancellation policy:

Any cancellation made before 18 September cancellation fee of €125 (50% of deposit)

Any cancellation made after 18 September and before 04 October 2025, cancellation fee is 50% of full amount.

Any cancellation made after 04 October 2025 and therefore within 14 days of the start date, the full amount is payable (100% cancellation fee)



Connect

Please direct any questions, enquiries or bookings to Cally :

anticomacchione@outlook.com

www.anticomacchione.com

Cell / WhatsApp: 0039 391 389 5145

IG @restoring_macchione / @yoga.with.cally

anticomacchione.com

