

An aerial photograph of a farmstead in Tuscany, Italy, during the golden hour of sunset. The scene features rolling green hills, a large stone building with a tiled roof, a swimming pool, and a small chapel. The sun is low on the horizon, creating a warm, golden glow over the entire landscape.

Restore & Recharge Retreat

ANTICO MACCHIONE, TUSCANY
03 - 08 OCTOBER 2026



So, you're thinking of joining the retreat.

Here's all the useful info you need to know...

Restore & Recharge is a 5 night get-away in the heart of Tuscany, brought to you by retreat leader & yoga teacher Cally Albrecht.

'None of us are immune to the pressures of modern life and too often we tell ourselves 'when I get through this next phase, then life will calm down'. Only it doesn't.

The juggle of work, home, family, care-taking, organising, mental & emotional loads and constant to-do-ing takes its toll. On our bodies, our sense of well-being, our emotional capacity and our ability to experience joy.

'When I first went on a retreat as a participant, I experienced an unfamiliar but deeply necessary week-long release of tension; I returned home with mental clarity and a lightness that I had forgotten was accessible.

I knew that there was something uniquely transformative about this kind of trip and I committed to find a way to create retreats and share that feeling of true release with others.

Through leading and curating retreats over the last 5 years, I have developed 'Restore & Recharge' as my personal signature style experience and as the antidote to the pressures under which we all live. It is truly a gift to do this for yourself.' Cally.

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, walk 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. Here we move at a more gentle pace, with time to reflect and recharge, among a group of like minded fellow retreat friends.

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 'aperitivo' & dinner

DAY 2: Villa day with time for yoga, walking, guided meditation & and a pasta-making class.

DAY 3: Villa day with time for yoga, relaxing, breathwork and a landscape painting class.

DAY 4: Morning yoga. Afternoon exploring medieval Siena,

DAY 5: Morning yoga. A visit to the local thermal springs and afternoon exploring the Val d'Orcia

DAY 6: Breakfast & departures



A TYPICAL DAY...

08.15 Morning yoga practice with Cally

09.30 Buffet breakfast

11.00 Group workshop

13.00 Lunch

14:00 Free time for walking, reading, relaxing

17.30 Evening guided meditation, yin yoga or nidra

19.30 Dinner, free time, bed

Meet your host

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 first, then trained as a teacher, 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.

For those completely new to 'mindful' practices, such as yoga and meditation, Cally creates a fully inclusive environment, inviting you to join just as you are; inflexible bodies, aching joints and scattered minds all welcome and most definitely familiar.

Cally shares a range of practices, from slow flow 'vinyasa' which is a dynamic form of mindful movement, to deeply restorative sessions such as yin and nidra* which are about stillness and connecting to the body's inner healing wisdom.

If you have never before tried yoga or meditation Cally makes these practices totally accessible. If you have, prepare to meet a new depth of practice and inner awareness.

*Yoga Nidra means yogic sleep; yes, it's actually yoga where you take a nap. You can thank me 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 a greater sense of living in the present moment. This place is so completely in harmony with the gentle landscape that surrounds it, you cannot help but feel restored 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 breathtaking views all around and amazing walks both on property and in the surrounding area.’

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



Getting here.

The arrival day is SATURDAY 03 OCTOBER in the afternoon with a welcome dinner on Saturday evening.

The departure day is THURSDAY 08 OCTOBER in the morning, after breakfast.

A pick-up on arrival and drop-off on departure from Siena is offered at no extra cost on the arrival and departure days of Saturday 03 October / Thursday 08 October. Timings to be confirmed.

A transfer from Florence or Pisa 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 & WC.

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 03 September 2026 (30 days prior to arrival)

Payment is to be made in Euro (€) and can be done by secure online credit card (please ask for your payment link) or by using the IBAN number below to the account named 'Società Agricola Antico 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 26

Room Rates - all rates are per person:

PRIVATE ROOM: €3150

TWIN ROOM: €2500

TRIPLE ROOM: €1950

Cancellation policy:

Any cancellation made before 03 September cancellation fee of €125 (50% of deposit)

Any cancellation made after 03 September and before 19 September cancellation fee is 50% of full amount.

Any cancellation made after 19 September 2026 and therefore within 14 days of the start date, the full amount is payable (100% cancellation fee)



Connect

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