



May 3-8, 2026

ITALY RETREAT



The Dolomites



ABOUT

May 3-8, 2026

Spend 6 days / 5 nights, surrounded by nature in a private villa that perfectly captures the classic village tradition of South Tyrol.

Yoga & Meditation led by Meg Shuba, slow-cooking with local alpine ingredients, spa access, indoor/outdoor heated pools, saunas and hiking.

Fly into Verona, Milan or Munich. Once at the Lana Train Station, we will have a car pick you up. From there, be transported...



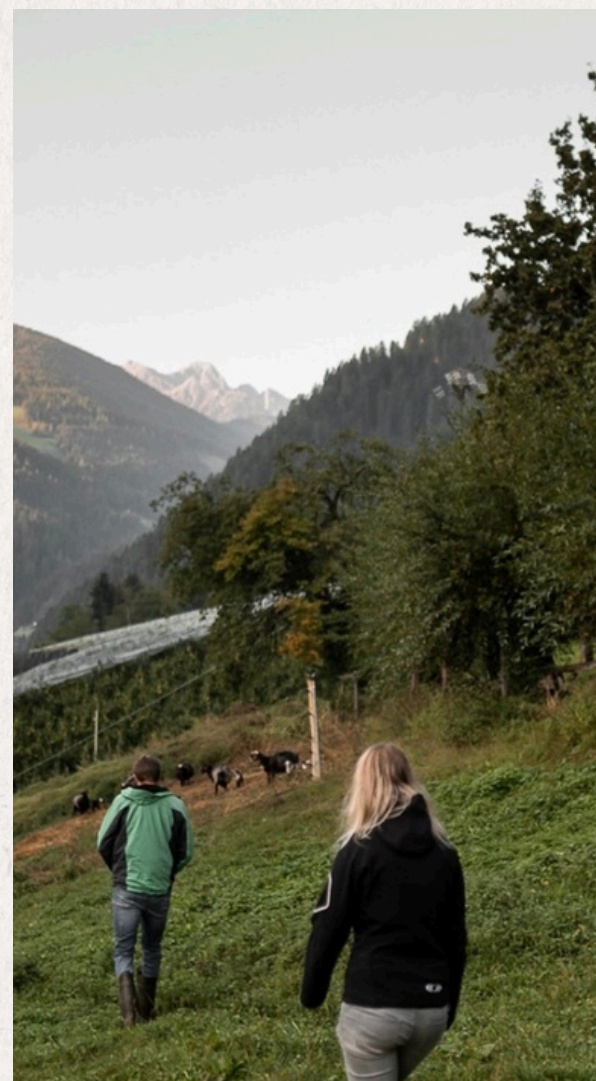
SAMPLE DAY



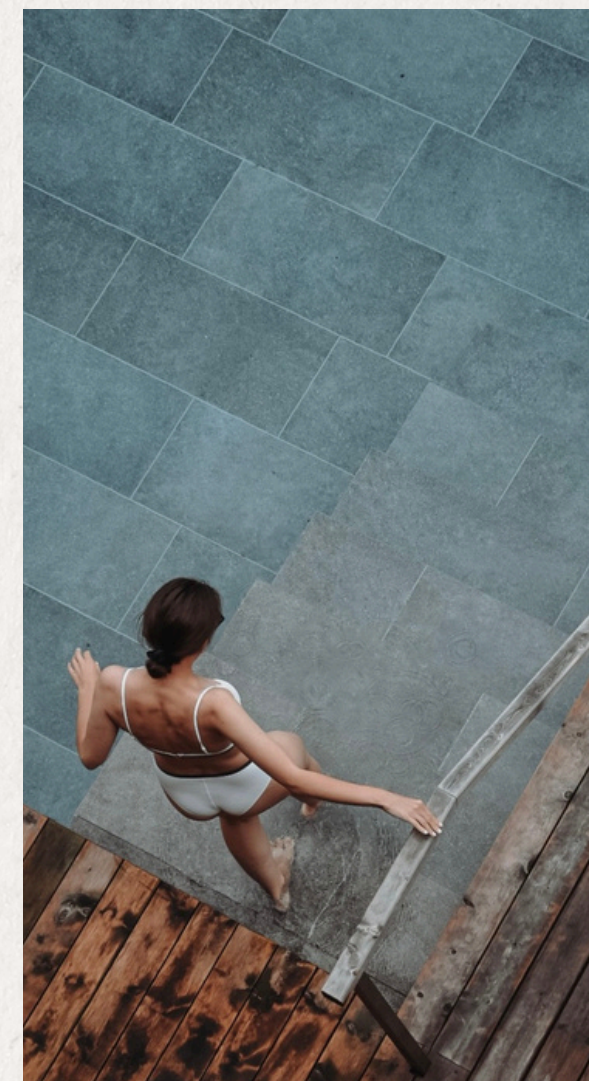
Morning Yoga in
the Greenhouse
Shala



Unrushed Breakfast
in the Poolhouse



Hike or Walk the
Little Town of Lana
or Larger City of
Merano



2 Properties to
Explore, Pools,
Saunas &
Relaxation Areas



Evening Calming
Yoga Practice with
Coursed Dinner
After

ACCOMMODATIONS

Standard Room \$3260 double, \$5110 single

Superior Suite \$3560 double, \$5410 single

Junior Suite \$3880 double, \$5710 single

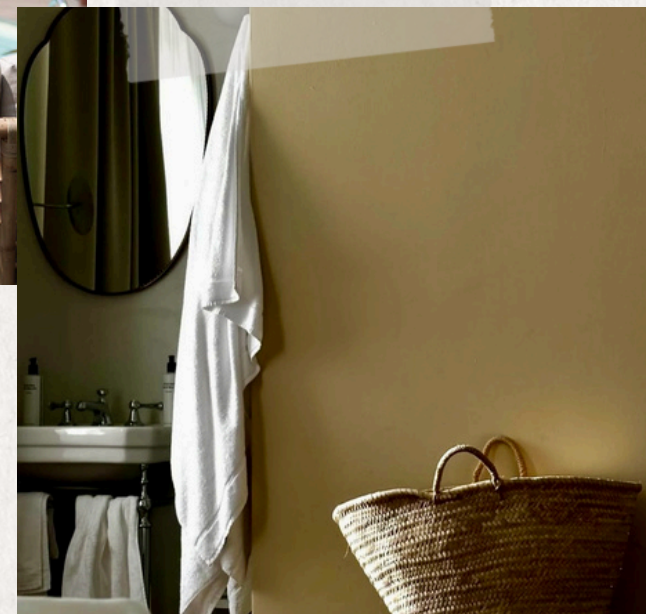
Suite \$5510 double, \$6010 single

Adults only. Rooms are first come first serve. \$1000 Deposit upon Reservation, 50% due Nov 3, 2025 & Remaining 50% due Mar 3, 2026. 3% Processing fee will be added to invoice if paying with credit card.

All rooms have one bed. The room size increases with investment. The one and only suite has a free stranding tub. All rooms are divine...just depends on how much space you would prefer.



ALPINE YET MEDITERRANEAN





CONTACT DETAILS

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