



yoga retreat featuring yoga + art + wine + food + countryside

Italy Yoga Retreat

September 12-19, 2026

Instructors:

Dede Schreiner and Mellisa Scaccia

Retreat Coordinator:

Jessie Wigh

Students:

Mike, V'Anne, Dexter, Kathy, Bob,
Bev, Sheila, Rosanne, Don,
Lorri, Christopher, Allan & Barbara

Day 1: Saturday, September 12: Arrival Borgo del Cabreo (Greve in Chianti)

- 1:30-2:30 pm Shuttle from Florence (Santa Maria Novella Train Station)
**Meeting place inside the Train Station: Directly in front of the Pharmacy (Farmacia), located across from Track 16 & the McDonalds*
- 4:30-5:30 pm GATHERING/GENTLE YOGA
- 5:30-6:30 pm Welcome drink, orientation
- 7:00 pm Dinner at Pietra del Cabreo (10 min walk)

Day 2: Sunday, September 13: Borgo del Cabreo

- 8:00-9:15 am YOGA
- 9:15-10:00 am Breakfast
- 10:00 am-6:30 pm Free day and ***lunch on your own***
- 6:30-9:00 pm Dinner in Greve in Chianti (La Cantina Pizzeria)

Day 3: Monday, September 14: Borgo del Cabreo

- 8:00-9:15 am YOGA
- 9:15-10:00 am Breakfast
- 1:30-2:30 pm Lunch (Pietra del Cabreo)
- 3:15 pm Depart for cooking class
- 4:00-7:00 pm Cooking class
- 7:30/8:00 pm Return to Borgo del Cabreo

Day 4: Tuesday, September 15: Borgo del Cabreo

- 8:00-9:15 am YOGA
- 9:15-10:00 am Breakfast
- 11:30 am Depart for day trip
- 11:30-6:30 pm Visit Castellina and Siena (guided tour) and ***lunch on your own***
- 7:30-9:30 pm Dinner (Osteria Le Panzanelle)
- 9:30/10:00 pm Return to Borgo del Cabreo

Day 5: Wednesday, September 16: Borgo del Cabreo and Palazzo Guadagni

- 8:00-9:15 am YOGA
- 9:15-10:00 am Breakfast
- 10:00 am Check out
- 10:15 am-3:30 pm Transfer to Florence (***includes winery stop for lunch***)
- 3:30 pm Arrive Palazzo Guadagni in Florence
- 4:30-6:00 pm Artisan shop tour by Jessie (optional)
- 6:30-7:30 pm Cocktails on the loggia
- 7:30-9:30 pm Pizza dinner (10 minute walk)

Day 6: Thursday, September 17: Palazzo Guadagni

- 8:00-9:15 am YOGA
- 9:15-10:00 am Breakfast
- 10:00am-1:00 pm Walking tour + Bargello museum
- 1:00 pm Free time in Florence and ***lunch and dinner on your own***

Day 7: Friday, September 18: Palazzo Guadagni

- 8:00-9:15 am YOGA
- 9:15-10:00 am Breakfast
- 10:00 am- 7:00 Free time in Florence and ***lunch on your own***
- 7:00 pm Dinner at Borgo Antico in Santo Spirito square (Can checkout after dinner)

Day 8: Saturday, September 19: Departure Day

- 8:00 am Breakfast & Checkout (open)
- TBD Individual departures



What to Bring

Packing Suggestions:

- Passport and any additional documentation as required by your nationality
- Any medications you may need
- Comfortable walking shoes
- Layered, lightweight clothing (cover knees and shoulders for churches)
- Scarf to cover shoulders
- Layered, lightweight yoga clothing (mornings can be cool)
- Daypack or satchel for tours
- Hand Sanitizer
- Sunglasses
- Hat
- Insect Repellent
- Toiletries
- Reading material/journal
- Reusable water bottle
- Sunscreen
- Swimsuit
- Yoga mat if you are not renting one from Belize Yoga
- Motion-sickness medication if you require for transport (Chianti is hilly)
- Phone/mobile device/camera/alarm
- Plug adapter AND voltage converter (most laptops and Apple products come with a converter)
- Lightweight water-resistant jacket and or umbrella
- Spending money and tip money (best to use ATMs in Italy vs. exchanging money)
- Visa or MasterCard (alert your card company that you will be visiting Italy)
- Eye mask and earplugs (optional for plane and locations--Florence is a bustling city)
- Neck pillow (optional for plane)



Activity Preparation

Clothing/Items for activities

All activities

WEAR:

Layered, lightweight clothing (cover shoulders when visiting a church)

Comfortable shoes

Hat/sunglasses (optional)

BRING:

Water

Spending money (optional, for shopping and lunches)

Phone/Camera (optional)

Hand Sanitizer (optional)

Backpack or satchel for water, etc.



FAQs

(you may also visit www.belizeyoga.com/faq)

Should I bring Euros or exchange US cash? Can I use a credit card?

It generally is easiest to simply use an ATM upon arrival at the airport to withdraw Euros. Exchanging US cash or obtaining Euros in the US usually incurs more fees. Visa and Mastercard are widely accepted. It is VERY important to inform all credit/debit cards you plan to use that you will be visiting Italy. If not, they may block all transactions.

What is the weather like?

Weather in September in Tuscany should be highs in the 70-80s, with lows in the mid 50-60s at night, with cool mornings (bring layers for yoga). We recommend bringing lightweight layered clothing as it may be hotter or cooler than average. Rainfall is not too likely in the fall. You can always purchase a small umbrella while traveling if necessary.

What type of clothing should I wear?

Of most importance is to be comfortable, and comfortable shoes are a must in Italy. Italians do tend to "dress up" more than Americans, so you may want to bring some dressier clothes/shoes that are comfortable. We recommend that any day you plan to visit a church, be sure your shoulders are covered (ladies can bring a scarf to cover shoulders if necessary). Some churches do not have a strict dress code, but others do. Shorts are fine, even if they show some knee, as long as they aren't too short.

What type of electricity/voltage is there?

Different from the U.S.: Italy is 220V/50Hz. U.S. is 110V/60Hz. The plug shapes are also different, so you will need a plug adapter so that your plug fits into a socket, PLUS a voltage converter to reduce the voltage to 110V. Without a voltage converter, your device will receive double its normal electricity. Most laptop computers have a voltage converter included (it is the black box attached to the cord).

Will there be internet?

Yes, although first and foremost we invite you to UNPLUG. Wireless internet is available at the main areas of both locations. Please note that the internet may be slower than you are used to, and may be unavailable at times. Depending on your phone/plan, purchasing an e-sim (like Vodafone) can be an inexpensive way to have data.

How much should I tip?

Tipping is appreciated but not expected in Italy, and it is not expected that you would tip quite as much as you do in the US. You may wish to tip your drivers and tour guides, and a small tip at meals you purchase on your own.



FAQs

(you may also visit www.belizeyoga.com/faq)

What is included in the cost of the retreat?

Scheduled transfer from the Florence train station, all transfers during retreat, 7 nights lodging, most meals beginning with dinner on arrival day and ending with breakfast on departure day (excludes four lunches on your own and one dinner), yoga sessions, adventures as listed in your retreat.

What is NOT included in the cost of the retreat?

Four lunches and one dinner, gratuities, alcohol, sodas & drinks not included with meals, transfers not included in the retreat package, laundry, phone, non-mealtime food or "off menu" ordering, additional tours not included in package, spa treatments, etc.

Is there cell phone coverage?

For the most part, yes (depends on your provider), although first and foremost we invite you to UNPLUG. Check with your service provider regarding international roaming rates, as they are very expensive without an international plan. We recommend keeping your smart phone on airplane mode during the retreat to avoid incurring fees for data, texts and calls. You may also choose an e-sim (I use Vodafone), which is about \$25 for data that will last you for the week. A free option would be to have WhatsApp installed on your smart phone for use via wifi. Your retreat coordinator will have a cell phone if you need to make a brief call or text.

Can we drink the water?

Yes, all water in Italy conforms to European Union safety standards, although most Italians prefer to drink bottled (frizzante) water.



Contact Info

Arrival Info

Look for Jessie at 1:30pm beside the pharmacy (farmacia) inside the Santa Maria Train Station in Florence. The Farmacia is located directly across from Track 16 and the Food Court. If you are coming from the trains, the pharmacy is towards the left. If you are facing the trains, walk to your right.

Departure Info

You are responsible for arranging your onward travel from Palazzo Guadagni on departure day. The hotel will arrange a taxi for you, just let them know the time you wish to leave. If you need to leave your bags at the hotel after check-out, just inquire at the front desk.

Contact Info

WhatsApp: +501-637-4109 (Preferred method)

Belize Yoga: 1-812-783-9642 (text or direct to voicemail)*

Belize Yoga email: jessie@belizeyoga.com or brad@belizeyoga.com

Borgo Del Cabreo: (+39) 347 117 4065

Palazzo Guadagni: +(39) 055 398 5032

**This US phone number connects directly to voicemail, which is then emailed to us. For immediate assistance, please use WhatsApp.*