



Yoga, Pilates, Holistic + Spa 'RE-CONNECT' RETREAT ITALY | 18th- 22nd MARCH 2026

Set high above Merano, our serene wellness spa escape rests in Nordic-Japanese design and is cradled by the beautiful Dolomite mountains backdrop.

This retreat is an invitation to slow down and reconnect — with yourself, with others, and with nature. Surrounded by the mountains and ancient forests, we'll move gently between Pilates, yoga, and Spa and sauna bathing, finding strength and stillness in equal measure. Each day offers mindful immersion in the natural world, with forest therapy, and peaceful mountain hikes where silence and space encourage renewal. We visit as winter gives way to spring; buds begin to emerge, the air warms, and cosy fireside corners invite quiet reflection.

Our time together weaves movement, rest, and nature with grounding spa rituals — a retreat to restore body, mind, and spirit in rhythm with the awakening land.

THE YOGA CLASS

BY LAURA DODD



MIRA MONTI



THE PRACTICES

Laura is the founder of The Yoga Class and a certified yoga and meditation teacher with hundreds of hours of training and teaching experience. Laura found in yoga not just strength and flexibility, but a deeper connection and sense of home in her body and mind. She designs her classes to nurture total wellbeing: movement that supports the body, breath that stills the mind, and presence that reconnects you to yourself.

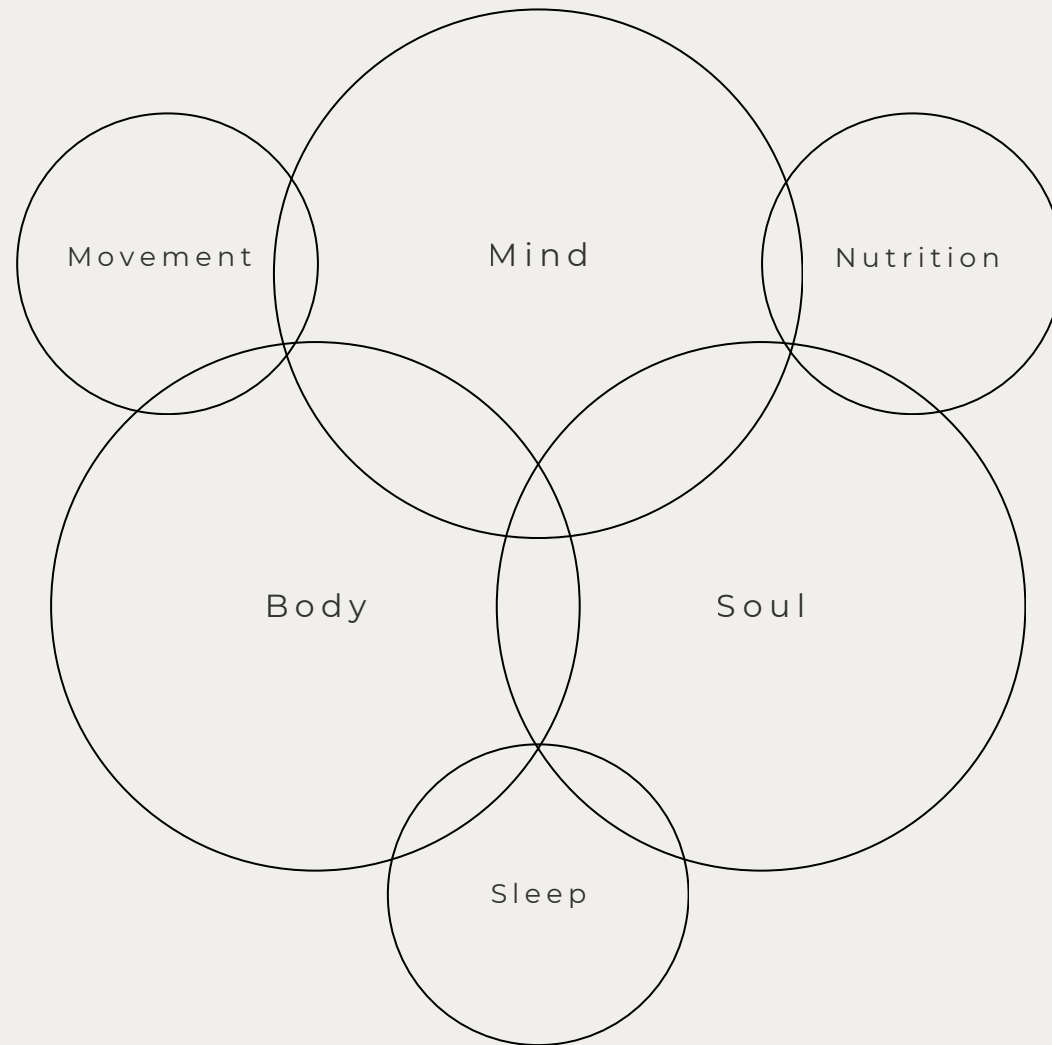
Ksenija is a London-based facialist, self-massage expert and Pilates instructor, Health Coach and is also training as a naturopathic nutritionist. Her approach is holistic; she blends body movement, advanced self-care (facial and lymphatic massage) and nutrition into a full-spectrum wellbeing offering.

The retreat offers a holistic programme designed to restore balance and connection. Dynamic Yoga and Pilates strengthen and mobilise the body in a mindful, supportive way. A Facial and Lymphatic Massage Workshop teaches techniques to boost circulation, aid detoxification and release tension, while the Nutrition Workshop explores simple, sustainable nourishment for body, mind and skin. Restorative and Yin Yoga, paired with a Sleep Workshop, calm the nervous system and encourage deep rest and renewal — completing a balanced journey of movement and stillness.

Both Laura and Ksenija bring their individual expertise — and a shared belief in connection, self-care and restoration — to create a retreat experience that is physical, mindful and transformative. All levels welcome.



FOUNDATIONS OF WELLBEING





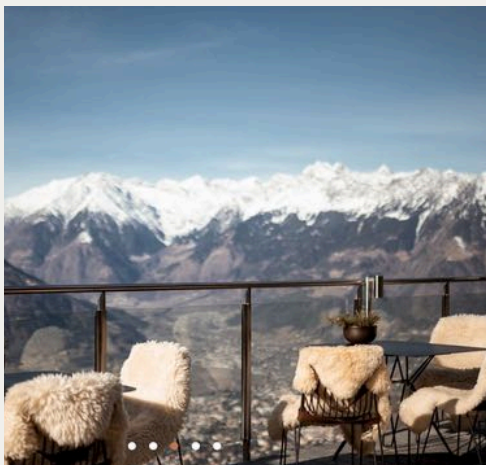


THE RETREAT

Set at the gateway to the Dolomites, our 5 star retreat offers a serene and deeply restorative wellness escape. The hotel's minimalist design harmonises with the wild beauty that surrounds it — warm woods, stone, and glass blending into a style of quiet luxury, rooted in Nordic-Japanese simplicity and thoughtful craftsmanship.

Every detail is designed to help guests find balance and reconnect with the natural rhythms of the season. From the infinity pool that seems to float above the valley, to the mountain-carved steam and sauna rooms, forest sauna, and mineral-rich onsen pool, each space invites warmth, stillness, and transformation. Between spa rituals, guests can sink into fireside snugs where soft textures offer gentle restoration.

This mountain retreat for slowing down — a place to rest deeply, restore your energy, and feel the quiet renewal of body and mind.









THE ROOMS

The rooms are sanctuaries of understated elegance; warm timber floors, stone accents, carefully curated furnishings, plush bedding, and organic linens enhance the sense of calm, while floor-to-ceiling windows frame sweeping views of pine-clad slopes and distant peaks.

Every room is equipped with modern comforts designed to support rest and wellbeing: underfloor heating, air conditioning, room humidifiers, and soundproofing for a tranquil atmosphere. Interiors feature premium sound systems, smart lighting, and high-end toiletries, while some suites include private balconies or terraces—perfect for a morning coffee in the crisp mountain air.

Each room offers a thoughtfully designed retreat that nourishes body, mind, and spirit.



THE FOOD

The culinary philosophy revolves around "Slow-Soul-Food"—a celebration of South Tyrol's seasonal produce and traditions. Led by Chef Massimo Geromel and his team, the hotel's three distinct dining venues include the relaxed Osteria Montana, the fine-dining Panorama Restaurant, and the cozy Stube, each showcasing menus that shift with the seasons and reflect the region's Alpine-Mediterranean heritage.

The sourcing ethos is deeply rooted in both sustainability and local collaboration. Ingredients are carefully selected from South Tyrolean farms, and mountain producers—bringing forward freshly foraged herbs, regional olive oils, and artisanal produce. This commitment to local, high-quality sourcing is matched by the kitchen's dedication to their craft: each dish is thoughtfully prepared to highlight natural flavours and mindful nourishment.





THE ITINERARY

18th March

Recommended Flights : BA LGW 820- VRN 1120

3PM Check in - Goodie Bags on arrival

530PM Welcome Circle + Post-Flight Yoga Flow w/ Laura

730PM Dinner

19th March

745AM Morning Refreshments

8AM Dynamic Pilates w/ Ksenija

930AM Breakfast

1030AM Guided Group Mountain Hike

1230PM Relax at Retreat, Treatments and Spa

3PM Afternoon Snacks

515PM Sunset Yin Yoga + Sleep Workshop w/ Laura

730PM Dinner

20th March

745AM Morning Refreshments

8AM Dynamic Yoga w/ Laura

930AM Breakfast

1030AM Guided Group Forest Bathing Session

1230PM Relax at Retreat, Treatments and Spa

3PM Afternoon Snacks

5PM Group Nutrition Workshop + Lymphatic Drainage Pilates w/ Ksenija

7PM Dinner

21st March

745AM Morning Refreshments

8AM Dynamic Pilates w/ Ksenija

930AM Breakfast

1030AM Guided Group Thermal Circuit / Contrast Therapy or/ Relax at Retreat, Treatments and Spa or/ Optional Cycling or Horse Riding

3PM Afternoon Snacks

515PM Lymphatic + Facial Massage Workshop w/ Ksenija

6PM Sunset Restorative Yoga + Closing w/ Laura

730PM Dinner

22nd March

730AM Breakfast

11AM Latest check out.

Recommended Flights : EASYJET VRN 1645- LGW 1755

(This is a sample itinerary and days/ times of activities may be subject to slight changes)





WHATS INCLUDED

- 4 nights luxury ensuite accommodation
- Twice daily yoga or Pilates sessions
- Healthy brunch, afternoon snacks and 3-course evening menu + water w/ meals
- Unlimited use of award-winning spa inc. Onsen, Forest Sauna, Infinity Pool, Terrace + Relaxation areas
- Sleep + Nutrition Workshops
- Lymphatic + Facial Massage Workshop
- Guided Group Thermal Circuit / Contrast Therapy Session
- Guided Group Mountain Hike
- Guided Group Forest Bathing
- Airport transfers (*subject to booking recommended flights*)
- Welcome Goodie Bag packed with wellbeing gifts

WHATS NOT INCLUDED

- Flights to Verona (usually £100 ish or less return from the UK)
- Travel Insurance
- Spa Treatments (starting at around £100)
- Optional Horse riding or cycling tours
- Food and drinks outside the above



THE ROOM DETAILS



EXPLORER ROOMS

Floor-to-ceiling glass windows w/ Mountain View, south-facing balcony, coffee machine + tea station, hairdryer, safe, desk, walk-in shower with view, double washbasin, selected skincare products



DELUXE ROOM

Open wood fireplace, south-facing balcony w/ Mountain View, bathroom with freestanding bathtub, relaxation chair, coffee machine + tea station, hairdryer, safe, desk, walk-in shower with view, double washbasin, selected skincare products



GUEST ROOM

Open wood fireplace, south-facing balcony w/ Mountain View, bathroom with freestanding bathtub, relaxation chair, coffee machine + tea station, hairdryer, safe, desk, walk-in shower with view, double washbasin, selected skincare products

THE ROOM DETAILS



SUPERIOR ROOM

Two-room experience, south-facing balcony w/ Mountain view, daybeds for relaxation, coffee machine + tea station, hairdryer, safe, desk, walk-in shower with view, double washbasin, selected skincare products



THE PRICES

EXPLORER ROOM

Early Bird Single Occupancy- £2100

Single occupancy - £2200

GUEST + DELUXE ROOM

Early Bird Single Occupancy- £2200

Single occupancy - £2300

SUPERIOR ROOM

Early Bird Shared Occupancy per person- £1750

Shared occupancy per person- £1850

To secure your booking a 50% deposit is needed and the balance will be paid 60 days before arrival. Early Bird runs until 10.12.25



Love

Laura + Ksenija xx