

TUSCANY

Yoga Retreat *by* yl.

16 May - 23 May 2024

Tulsi & Amelie

GALLIA PALACE

BEACH · GOLF · SPA · RESORT

PUNTA ALA - TUSCANY

BAGNO GALLIA PALACE



TUSCANY

Welcome to Punta Ala

Enjoy a week of yoga, meditation, and delicious Italian food. Connect to nature and remember who you are at our peaceful retreat location nestled in the green Mediterranean bush in breathtaking Punta Ala at the 5-Star Gallia Palace Beach Resort surrounded by the 'dolce vita' atmosphere.



GALLIA PALACE

BEACH • GOLF • SPA • RESORT
PUNTA ALA • TUSCANY

Embrace the moment and join us on this journey. Wake up to the early summer days and fall asleep to evening breezes, surrounded by endless views of pink sunsets and pine trees. A long weekend, short week or full week to restore, renew and recharge. Deepen your yoga practice, go on adventures or simply sunbathe by the sea or pool, surrounded by the magical settings of Punta Ala, a peaceful haven set in the heart of Tuscany.

Yoga Classes are for all levels





Retreat Package Options

Thursday 16 May - Thursday 23 May 2024

*prices are per person, flights are NOT included

Long Weekend
3 Nights

16 - 19 May

Single Room €1800*

Double Room €1600*

Short Week
5 Nights

16 - 21 May

Single Room €2350*

Double Room €2100*

Full Week
7 Nights

16 - 23 May

Single Room €2850*

Double Room €2650*



What's Included:

- **2 Daily Yoga Classes**

 - Morning Dynamic Yoga Flow

 - Evening Restorative Yin Yoga (at the beach)

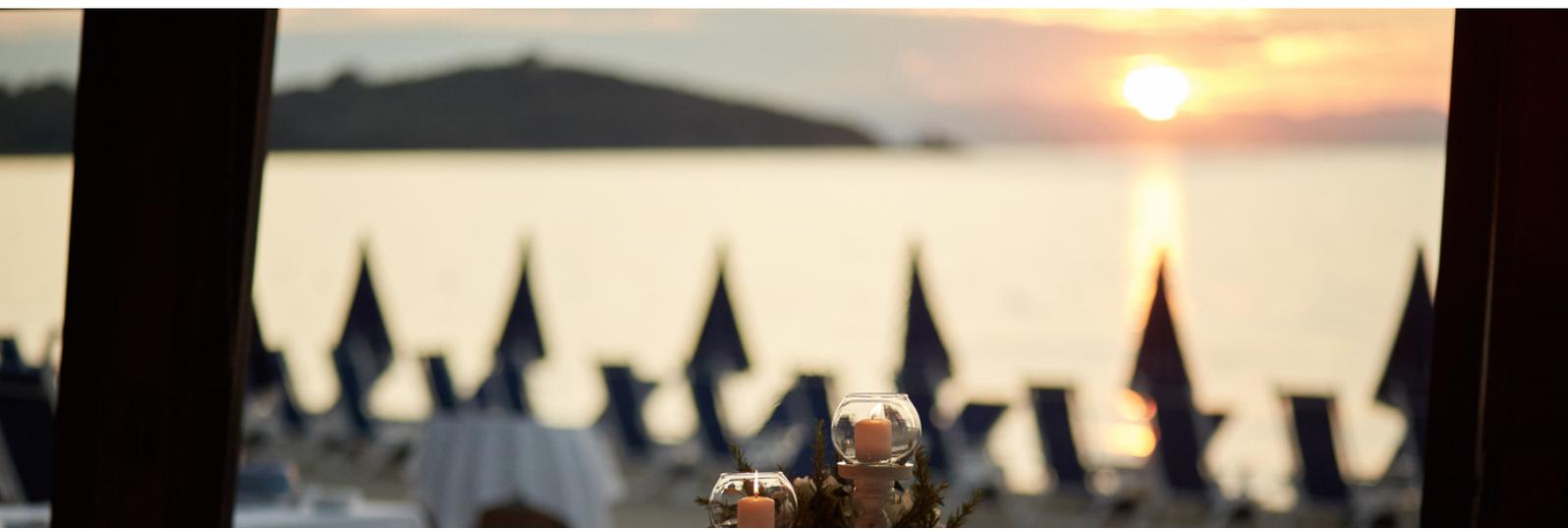
- **Daily Breakfast, Afternoon Tea/Treats & Candlelit Dinners**

 - Colorful menu with special selection of fresh seasonal products.

- **Airport transfer from/to Florence Airport - 2.5hrs**

- **Single or shared rooms w/ private terrace**

 - 5-star 'Relais & Chateaux' Gallia Palace Beach Resort



Long Weekend
3 Nights

16 -19 May

Single Room €1800*

Double Room €1600*

LUXAIR - Luxembourg to Florence
Thursday 16 May 10h20 - 12h10

LUXAIR - Florence to Luxembourg (return)
Sunday 19 May 16h15 - 18h10

Short Week
5 Nights

16 - 21 May

Single Room €2350*

Double Room €2100*

LUXAIR - Luxembourg to Florence
Thursday 16 May 10h20 - 12h10

LUXAIR - Florence to Luxembourg (return)
Tuesday 21 May 13h15 - 15h05

Full Week
7 Nights

16 - 23 May

Single Room €2850*

Double Room €2650*

LUXAIR - Luxembourg to Florence
Thursday 16 May 10h20 - 12h10

LUXAIR - Florence to Luxembourg (return)
Thursday 23 May 12h55 - 14h50



Yoga

Go with the flow

Vinyasa Yoga Flow is a very active practice consisting of dynamic flowing sequences. In each uniquely designed Flow class, a creative series of asanas builds up to more challenging poses. During this daily morning practice at Gallia Palace Beach Resort, you will smoothly transition from pose to pose, while building physical strength, endurance, and flexibility to wake yourself up and get ready for your day. You will experience a variety of postures which will culminate in a challenging peak pose.

Relax and unwind

Yin Restorative Yoga consists of a series of long-held, passive floor poses that work deeply into the connective tissues and fascia of the body. Postures are held typically from three - five minutes (sometimes longer) allowing for deep stretching and relaxation. Yin Yoga combines yoga postures, breathing (pranayama) and meditation. Yin Restorative Yoga is for you if you are tired, over-stimulated, your energy is too erratic, or your mind is overactive. The sequences are designed for ultimate relaxation at the end of your day at the Gallia Palace Beach Resort.

Yoga Classes are for all levels
PLEASE BRING YOUR OWN YOGA MAT

Daily Schedule

08h00 - 09h30 Meditation & Vinyasa Yoga Flow

09h30 - 10h30 Breakfast

11h00 - 17h00 Free Time/Extra Activities

17h00 - 17h30 Afternoon Tea & Treats

17h30 - 19h00 Yin Restorative Yoga

20h00 - Group Dinner



**RELAIS &
CHATEAUX**

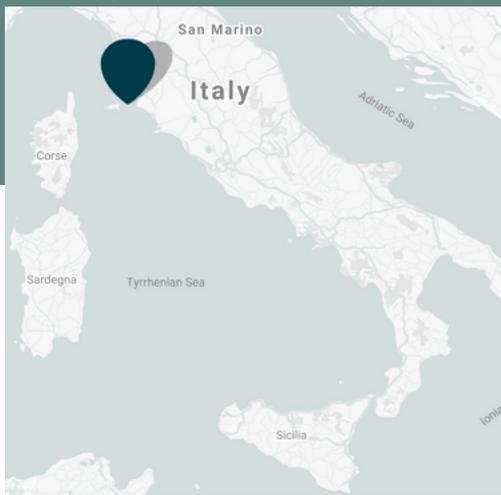
GALLIA PALACE

BEACH • GOLF • SPA • RESORT

★★★★★

PUNTA ALA - TUSCANY

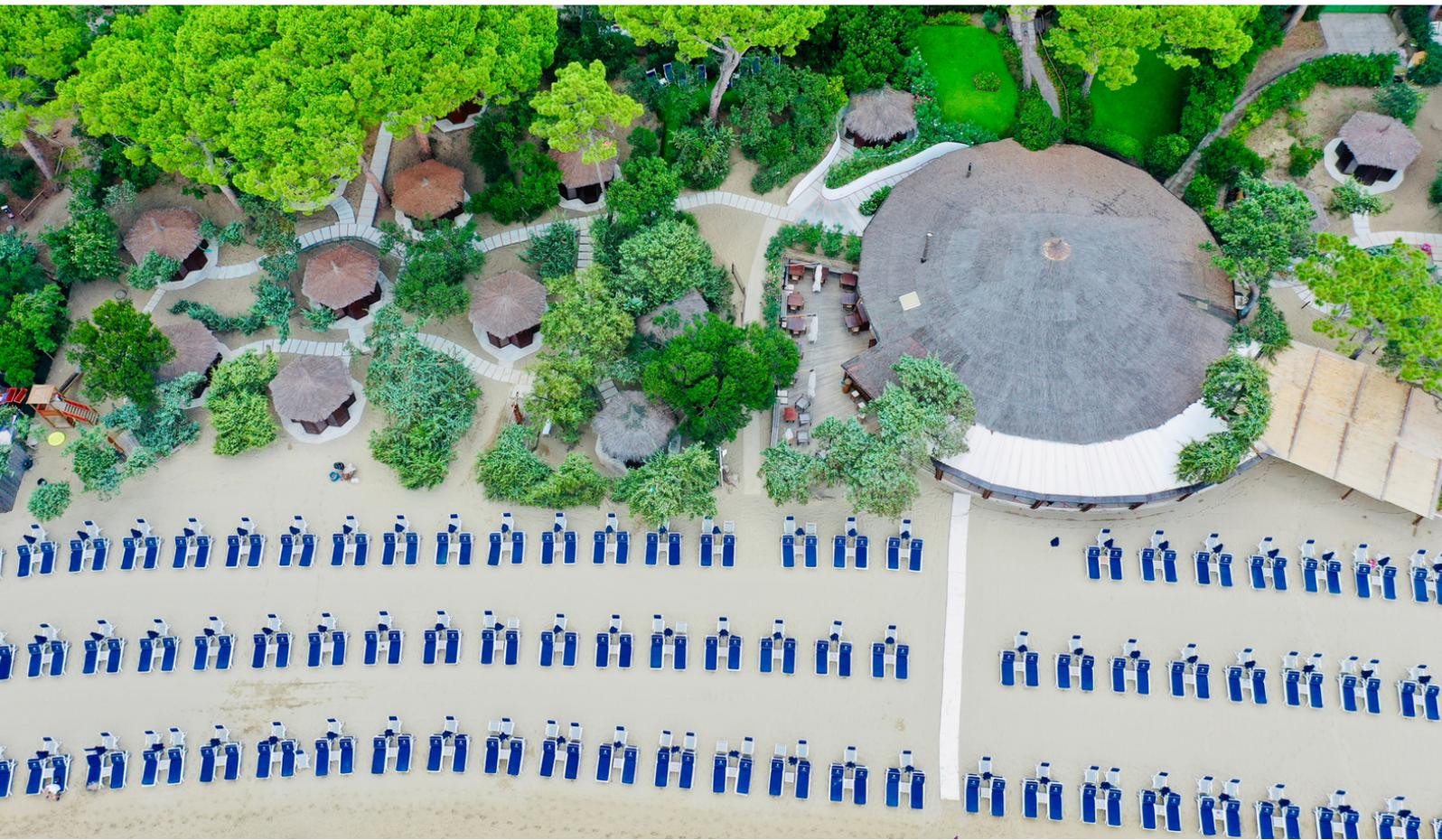
Gallia Palace Beach Resort is the ideal location for a relaxing holiday. The 5-star Luxury Hotel Relais & Chateaux offers a private beach, SPA & Wellness, Golf Club, Tennis Court, two beautiful restaurants...and much more!





Exclusive Private Beach

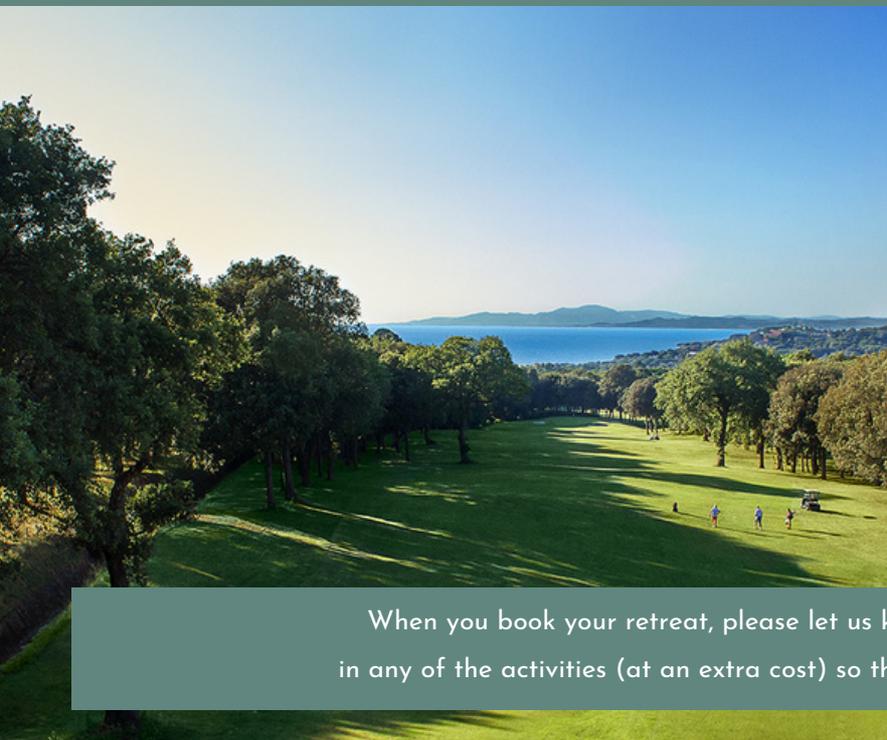
Hidden by the Mediterranean bush and protected by a forest of Maremma pine trees the private beach is a gem of nature with extremely fine sand, and crystal clear waters. Access to twin-hull pleasure boats, pedal boats, canoes, SUP, and a float to sunbathe are included.



Extra Activities & Sports



- Spa with massages & aromatherapy, Sauna, Turkish Bath, Salt water pool & Ice waterfall.
- Trekking the century-old pine forest surrounding the resort where you can take in the sea lapping the Tuscan Archipelago
- Golf Course only 2 km from the hotel, the Golf Club "Punta Ala" is one of the biggest fields around Europe, and it hosts important international tournaments.
- Tennis Courts available on-site



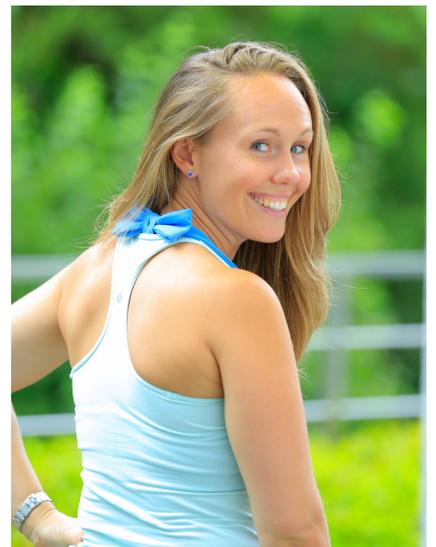
When you book your retreat, please let us know if you are interested in any of the activities (at an extra cost) so that we can help you arrange.

About Us



Tulsi has been a dedicated student of yoga since 2002, and began her personal practice in a small studio in NYC. She has been teaching powerful yoga since 2010 and is certified in both Jivamukti yoga and Hatha. She has practiced and extensively studied the traditional systems of yoga, which are the foundation for her soulful classes. She is known for her unique self-expression and inspirational classes that connect both the physical and mystical aspects of yoga. She teaches a strong flow of vinyasa flow, to ignite the journey inward toward self-realization. Her teaching is full of love, devotion, and a divine uplifting mood. Tulsi is the co-owner of yogaloft. Luxembourg.

Amelie Kuylenstierna is Swedish and the co-owner of the yoga studio yogaloft. Luxembourg since 2016. Attending her yoga teacher trainings were the best decisions she ever made and they inspired her to share the practice with others. She now continuously tries to incorporate yoga into the daily lives of those around her whether they are on or off the mat. She wants everyone to feel welcome in her class and loves to see people relaxed so she enjoys teaching a slow yin restorative class because she believes we live in a very fast-paced world.





Take a deep breath
of fresh Mediterranean air.

To BOOK or for more information please contact us:
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www.yogaloft.lu

