

RETREAT FOR THE SENSES

YOGA RETREAT @ LA FORESTERIA PLANETA
W/ ALEXANDRA MEFFERT



stråla



PLANETA

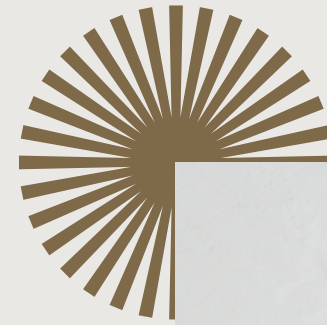
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Introduction



about



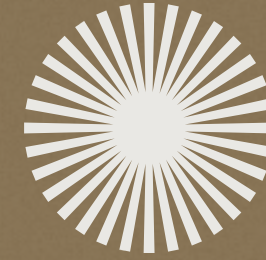
ALEXANDRA MEFFERT

I started practicing yoga as a teenager and have been teaching since 2017. I am certified in more than 840hrs of strala YTT and am also training others. In Düsseldorf, I run my own strala yoga studio called *light space movement*.

Next to yoga, I hold a BA in Art History and Business Administration (HU Berlin), an MA in Art business (Sotheby's Institute, NYC) and am a Pdh candidate in art market (HHU Düsseldorf) and run my own art gallery *wildpalms*.



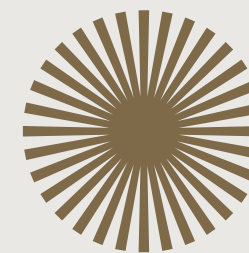
PLANETA



For five centuries the Planeta family has been involved with the course of agricultural evolution in the complex land of Sicily, with an approach always inclined to openness and innovation. Where too often the agricultural world has been confined to ancient ideas of social tradition and production processes, instead we have inherited, from each generation, an instinct to change and to generate positive changes around us, both with people and in the culture. During the 1900's it was Grandfather Vito who showed them how, rather than in static management of the land, they must all move towards new solutions and new prospects. At Menfi first of all he transformed their small family winery into a large co-operative winery that in a short time, under Diego's management, became a collective property and a model of local development. At the same time as being chairman of the regional institute for vines and wine, Diego contributed as chief mover in the wine making renaissance of Sicily, transforming it into a huge experimental laboratory, creating one of the worlds best wines.

THE RESORT

LA FORESTERIA



La Foresteria Wine Resort stands on a green hill with a splendid view over the countryside near Menfi, representing the nature and style of the Planeta family's hospitality. The resort is immersed in a harmonious expanse of vineyards and olive groves, and welcomes those who wish to enjoy a holiday in a peaceful oasis between the beautiful Sicilian coast and the calm of the country.

The scent of the herbs surrounding the wine resort enrich the dishes from our kitchen, a treasure house of flavours from a territory of excellent wine.





THE YOGA

STRALA YOGA

This retreat will offer a wide range of strala yoga classes with special focus of finetuning the senses.

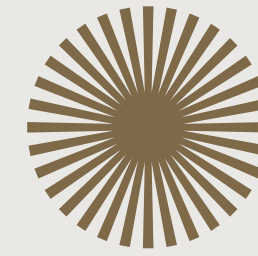
One just has to say it out loud: Strala yoga is the best yoga thing you can do, especially for a retreat where you want to relax and take back home more ease in your life.

Throughout the days, we will go through a variety of breath-movement excersises, classes and a full workshop, where you learn to listen to your senses and what your very wise body tells you. They are designed to build up on each other, that at the end of the retreat, you will have learned many key elements that are a total game changer when it comes to movement, finding ease and relaxation and the great magic tool called breath.

At the end of this retreat, you will also receive a certificate of having completed a 10hrs Strala Yoga "breath-body-connection" course.



THE WINE



The Planeta Winery is a family run vinyard with 5 locations in different parts of Sicily. The wine resort La Foresteria Planeta in Menfi lies at a strategic point of Sicily, between archaeological sites and nature reserves, and provides the perfect beginning for a journey to discover the island.

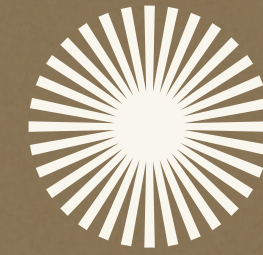
Planeta has been the most ranked wine in a short period of time, with reviews and recommendations in renown papers, such as Financial Times, Forbes, The Guardian, Washington Post and more.

The Planeta brand was the highest climber after rising 22 places year-on-year to number 17 on the list of The World's Most Admired Wine Brands 2021 in FT..

For the La Foresetria Retreat, we will visit the Planeta winery in Ulmo near Menfi for a Nature walk to La Segreta path and guided winetasting of 4 special old vintages wines selected from the Repertorio Planeta, as well as an aperitif and a freshly cooked Sicilian lunch paired with with Planeta 2 wines and Planeta 3 olive oils.



THE FOOD

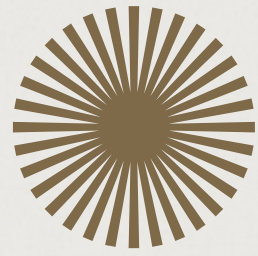


A well-matched and capable team awaits you at La Foresteria's restaurant where hospitality is linked to a cuisine founded on Sicilian gastronomic tradition in a contemporary mode, based on firm roots in the area, and offered with assiduous attention to tradition and an impulse to explore and innovate.

The great tiled kitchen is Chef Angelo Pumilia's theatre where his delicious gastronomic creations originate. Tradition, technique, and authentic products all combine in producing a cuisine which enhances its links with Sicilian traditions.

For this retreat, there will be a special composition of healthy & nourishing veggie and vegan friendly meals.

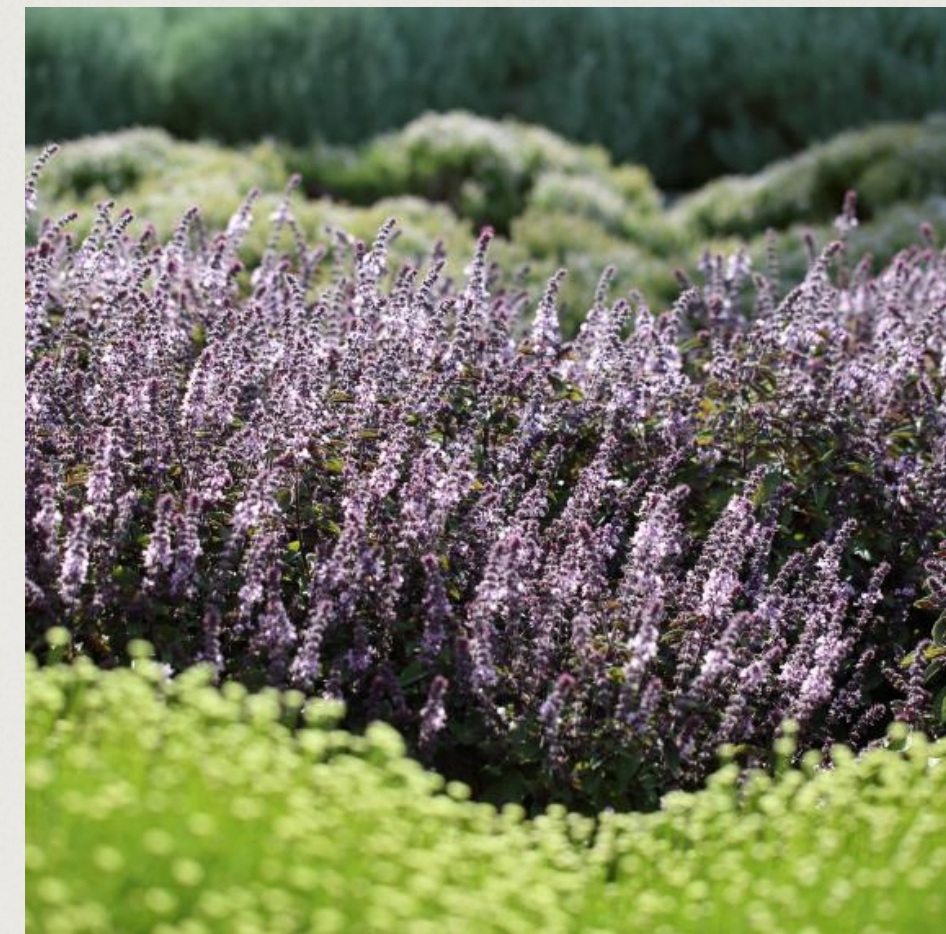




THE ROOMS

The rooms at La Foresteria Planeta, overlooking the sea, natural landscape or garden and swimming pool, are named after the aromatic herbs that you can admire and smell during their walks on the terraces. Each room combines elegance and functionality with a style inspired by the typical Mediterranean warmth, each with a different decor and furnishings.

There are 3 different deluxe type of rooms: the Junior Suite, The Room with a view & Dependance, each with their own bathroom, terrace, 1 king or 2 queen sized beds. They are furnished with carefully selected furniture and textiles matching the herbs growing in front of the terrace.



THE SCHEDULE



The retreat consists of an optional daily morning 30min meditation and breathing session, followed by delicious breakfast!



The mornings are for yoga - a fun class or workshop to start with energy into the day!
Lunch is accompanied by the best wine for an incredible experience.



THE SCHEDULE

The afternoons are filled with different activities:
from a demo-cooking class with master chef
Angelo Pumilia



to a wine tasting in Ulmo



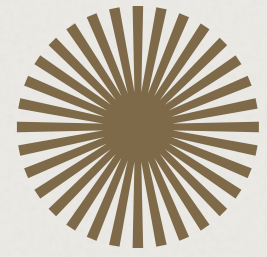
THE SCHEDULE

We will have a very special Olive Day in Capparina!

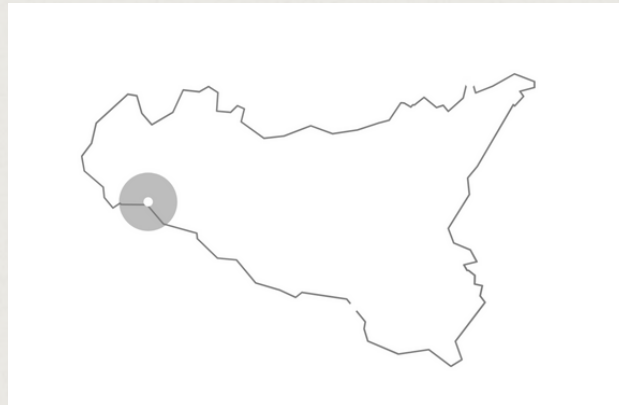


The evenings we end with another session of slow and relaxing yoga, followed by a delicious dinner and Planeta wine!

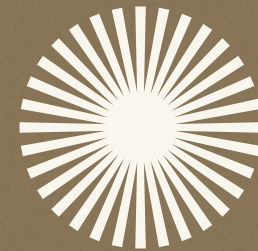




MENFI & THE AREA



interested?



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TREAT



YOURSELF!