

A castle estate, Entirely & Exclusively Yours...

4-9 October '24 Lecce, Italy



The Setting...

This award-winning castle hotel and its 37 acres of private parkland overlook the St. Elia Ridge, a.k.a. the 'vale of health' for its incredibly fresh air. If you'd rather lounge than jog, there are heated pools, furnished terraces, olive and citrus groves as well as Italian gardens for your alfresco delight while multiple salons, a screening room, and luxuriously appointed suites lure you happily indoors for restful bliss.

The rooftop bar provides dreamy vistas and arguably, *the* setting for your sunset aperitivo, but a vintage Piaggio Ape can also bring a mobile bar poolside (or wherever you are), should you wish to dip and sip your favourite mocktail or cocktail. The restaurant sources the freshest and best locally for Salentini bites of goodness. After all, this is Italy, and la Puglia, its fertile green heel, blessed by the Adriatic as well as the Ionian Sea. The Baroque beauty, Lecce, is just minutes away, and the coastal towns of Gallipoli and Otranto are also within easy reach.

The entire estate has been privatised for the sole use of our cherished retreat guests.



The ReTreat...

Mulux ReTreats are synonymous with meaningful experiences. We curate programs that perfectly balance leisurely hours with classes and treatments that have real and transformational impact, the kind that work your body head to toe, from the inside out... to quiet your mind and uplift your spirit.

We care about substance and authenticity because we believe them to be pillars of connection and wellbeing. Connection with oneself, with one another, and with one's surroundings for a renewed awareness, acceptance, and perhaps even an awakening. Soulful reflections unfold organically, encouraging deeper connections and an overall sense of wellness. Genuine hospitality is of course paramount, as are meals that do more than nourish and energize. Our discerning guests have come to expect the high standards we uphold for our retreat menus and appreciate the precious moments shared over memorable meals.

Stunning locations in culturally-rich places are our preference for in discovering the new and the different, we often rediscover ourselves. We select our hotel partners very carefully, at times inspiring their own run of luxury retreats. However atypical it may be to forego 'retreat hotels', this is our heart-led approach, for a tailor-made offering that is unparalleled, uniquely ours, and *exclusively yours*.

We design every retreat, one by one, mindful of each location's particular attributes and amenities. No two are ever alike. What they do have in common, is their ability to transport you out of the everyday and pamper you. And because you deserve a treat now and then, we bring you luxury, albeit without pretense or fuss. Our aim is for you to be comfortable and carefree. *Book your flight and let us take care of the rest... and you.*

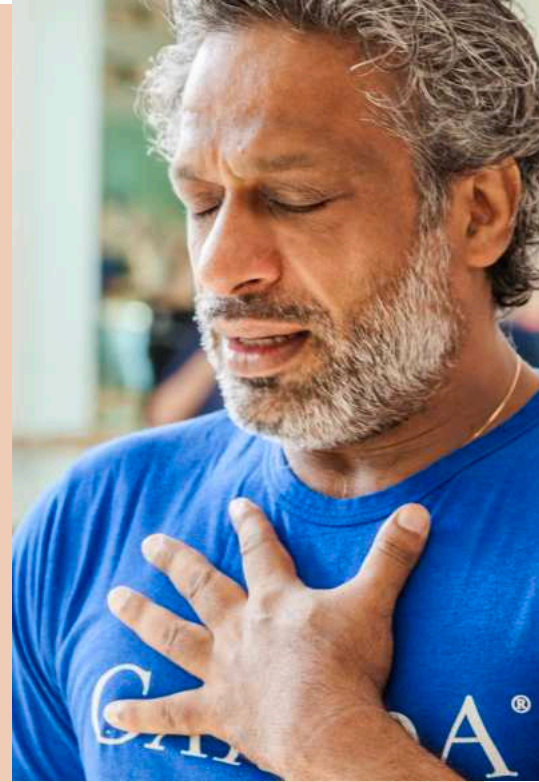
The Experts...

A Repertoire that is Intuitive, Innovative & Intelligent...

The extraordinary master teacher, **James D'Silva**, joins us again from London to guide daily sessions of pranayama and his very own **Garuda Method**. Encompassing the principles of Pilates, the breath-work and asanas of yoga, the grace and athleticism of dance, Garuda is the hybrid that has revolutionised 21st century fitness. It is often said that *where Pilates ends, Garuda begins*. But the Garuda Method is so much more!

First class is before sunset on arrival day, and last class is before breakfast on departure day. Days 2-5 will hold classes twice daily. On Day 3, the second class will be earlier to allow for an evening out in Lecce's historic centre.

In addition to the group sessions, each suite will receive a 45-minute extra guidance from James. These private sessions will be scheduled in the afternoons prior to the evening class on Days 2-5.



A Treatment to Soothe, Strengthen, and Sculpt...

As a special added treat, master massage therapist, **Angela Kuipers**, from **YuYoga & Lifestyle** in Amsterdam will lull you into a realm of release and relaxation with her sublime techniques that work every layer - from muscles to connective tissue and ligaments to adipose tissue.

Each guest will receive a customised treatment of lymphatic drainage, head, neck & shoulder, or buccal & jaw therapy, expertly combined and administered in a rhythmic massage that lifts and shapes while smoothing out wrinkles, reducing tensions, and enhancing your fascia. With treatments so divine, one quickly understands why Angela is known as *the sculpt angel*.

Guest Treatments will be scheduled between 11:15-17:15 on Days 2-5.

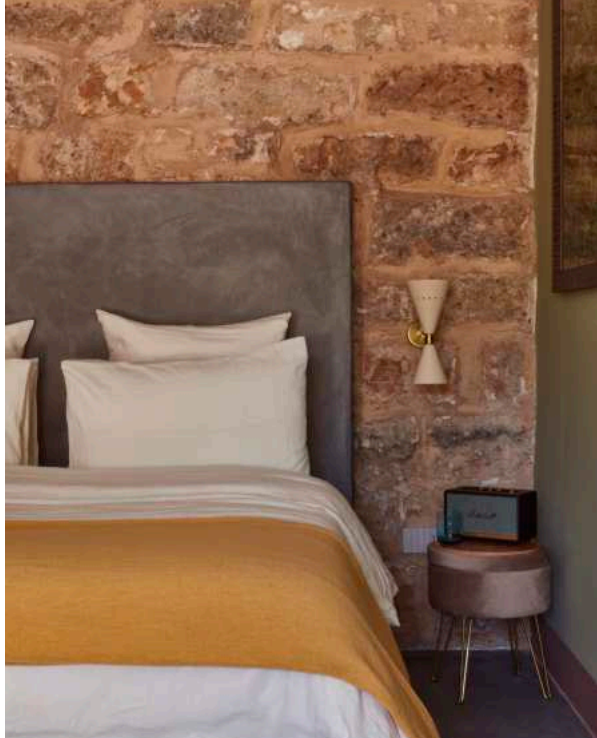
The Schedule...

- Day 1: 3pm Check-in; First Evening Garuda Session; Welcome Dinner
- Day 2: Morning & Evening Garuda Sessions
- Day 3: Morning & Late Afternoon Garuda Sessions; Evening in Lecce
- Day 4: Morning & Evening Garuda Sessions
- Day 5: Morning & Evening Garuda Sessions; Closing Dinner Party
- Day 6: Last Morning Garuda Session; 12pm Check-out

Morning Sessions 8:30~10:15 / Breakfast 10:15-11:00

Evening Sessions 17:15-19:00 / Dinner 20:30-22:00

**Exact times are subject to minor changes.*



The Accommodations...

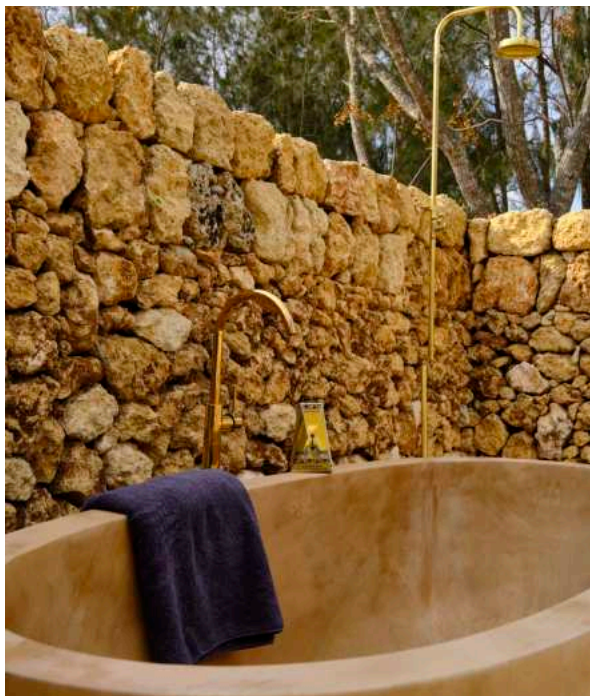
- Individually-styled Suites (26sqm~70sqm) are spread across the Main Building, a Cottage, an 18th-century Tower, and an ancient Masseria.
- 4 Suites have their own private walled Gardens, 3 have Balconies, and 1 has a private circular Roof Terrace.
- The 2 Royal Suites have hand-carved Carrera marble bathtubs in addition to walk-in showers.
- The Cottage has 2 bedrooms & 2 bathrooms offering added privacy and flexibility for family or friends sharing.
- 1 Split-level Suite has a French Bed in its salon that can accommodate a third guest.
- All Suites are equipped with aloe vera infused king-sized beds, Conran linens, and organic bath products from Ortigia.

The Meals...

Half-Board (breakfasts & dinners) has been arranged on-site so that some afternoons may be spent exploring nearby sites. Salento is home to ancient Roman and Greek ruins, gorgeous towns and villages, as well as some of Italy's most beautiful beaches. Meals begin with dinner on arrival day and end with breakfast on departure day. On Day 3, lunch will be served on-site in place of dinner to allow for an evening out in one of Lecce's wonderful restaurants.

**Please advise us of any food allergies, diet restrictions, or special requests.*

*For Bookings & Enquiry, please contact:
info@mulu-productions.com*



The Inclusions...

- 5 Nights Accommodations in a Suite
- Daily Breakfast & Dinner (excludes alcohol)*
- 10 Garuda Method Sessions + Pranayama
- 1 Private Garuda Session per Suite
- 1 Special Facial Massage Therapy per Guest
- 1 Private Roundtrip Airport Transfer (approx. 30 minutes) from/to Brindisi Airport (BDS) per Suite**
- 1 Roundtrip Group Transfer to/from Lecce on the third evening

** On Day 3, Half-Board consists of Breakfast & Lunch.*

*** Transfers from/to Bari (BRI) Airport (approx. 2 hrs) incur extra charges.*

