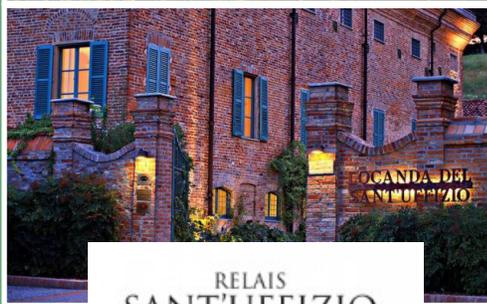


FINDING HEALTH AND WELLNESS

Piedmont, Italy

Locanda del Sant'Uffizio, a romantic sanctuary of peace and calm in the silence of the Italian Monferrato vineyards, a unique occasion for rediscovering the natural rhythm of earth and seasons. An ancient 16th century monastic site and farm cleverly restored and transformed into a luxurious, sacred refuge where history merges with nature. A perfect place to rejuvenate and rediscover peace, the silence of nature and harmony within, relaxing mind and spirit in order to rebalance with energy and vitality.



RELAIS
SANT'UFFIZIO
—WELLNESS & SPA—
ASTI - PIEMONTE



A Romantic Sanctuary of Peace, a place where you can enjoy every single moment of your day in the most personal, intimate and free way, as well as experience joyful moments of total relaxation and harmony. A small jewel hidden in the vineyards where you can enjoy tradition, taste prestigious wines, walk peacefully in an ancient park, relax by the swimming pools or among flowering fruit trees, play tennis, hunt for the renowned white truffle, ride bicycles from one hilltop village to another and devote yourself to culture, health and wellbeing.



Nordic Integrative Medicine
www.nordicintegrativemedicine.com

JUNE 12-16
AUGUST 21-25

1450 EUROS PER PERSON

- Inclusive 4 nights in Garden/Romantic rooms single use at Relais Sant'Uffizio
- Daily Buffet breakfast
- Daily access to Aquanatura Spa (10 -19)
- 4 three-course menu dinners at La Locanda Del Sant'Uffizio, drinks excluded
- 1 Monastery Body Brushing (25 min)
- 1 Ayurveda Massage (50 min)
- Morning and Sunset Yoga
- 1 Integrative Medicine Consultation
- 1 Personalized Yoga Therapy Session

Airflight and transportation non-inclusive



YOGA IN NATURE

Surround Yourself in Nature and Enjoy Intimate and Personalized Therapeutic Yoga led by experienced Yoga Alliance (E-RYT 200) certified yoga therapist, Shelley Noble-Letort PhD, chairman of Nordic Integrative Medicine and life-long practitioner of yoga, instructor since 1999. Dr. Noble-Letort specializes in yoga for childbirth called Yogabirth® and life-threatening illnesses called Yoga for the Heart. Her most profound teachers were Nischala Devi, founding developer of the yoga/stress management portion of The Dean Ornish Program for Reversing Heart Disease and co-founder of the award-winning Commonweal Cancer Help Program as well as Rachel Naomi Remen MD, the founder of The Healer's Art and The Institute for the Study of Health and Illness (ISHI) at Commonweal. Shelley welcomes individuals, couples, families (minimum age 12) and groups—perhaps individuals seeking refuge and wellbeing or recovery from illness, couples seeking deeper intimacy, families seeking reunion and bonding, or groups of high-performance individuals seeking tools for the daily resilience of stress, fatigue, anxiety and depression in order to regain vitality, renewal of inspiration and hope.

AQUANATURA SPA

The value of wellbeing has no limits

Aquanatura Spa is surrounded by an extraordinary nature that relaxes the spirit and gives its guests energy and vitality. Hydro-pool zone with water at 34° and wooded park view, Sauna overlooking the vineyards, Turkish Steam Bath, Natural Solarium, Aromatherapy Emotional Showers (Mint, Honey, and Lemon).



ARRIVAL SUNDAY

- Welcoming Reception
- The Monastery Body Brushing Treatment
Special brushes extracted by Cactus fiber revitalize microcirculation of the lower limbs, followed by application of a special detoxifying cream. Improving immune system which also delivers a relaxing action that promotes sleep.
- Yoga in Aquanatura Spa
- Dinner in Locanda del Sant'Uffizio

MONDAY, TUESDAY AND WEDNESDAY

- Breakfast in the Limoneria
- Bagno Mediterraneo in Aquanatura Spa
- Morning Yoga in Aquanatura Spa
- Ayurveda The Science of Life Treatment
Finding harmony with these ancient Indian massage techniques rebalancing your mind and body through the four natural levels (Water, Earth, Fire and Air)
- Private Integrative Medicine Consultations and Personalized Yoga Therapy Sessions
- Sunset Yoga in Nature
- Dinner in Locanda del Sant'Uffizio

THURSDAY DEPARTURE

- Closing ceremony