



Your Hosts:  
**Shara & Dileri**

Sun 5th October - Sat  
11th October  
2025

For Booking:  
Email:  
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# JOURNEY TO EMBODIMENT

Puglia - Italy

Reclaim Your Body Retreat

## The Experience:

The "Reclaim Your Body Retreat" is designed to help participants reconnect with their physical selves while fostering a deeper sense of embodiment and self-acceptance. Through a series of workshops, activities and reflective practices attendees will embark on a journey of discovery, healing and empowerment.

## Goals:

- Cultivate a deeper awareness of the body and its sensory feedback.
- Promote strength through physical practice.
- Enhance self-acceptance and body positivity.
- Explore various modalities for nurturing the body, mind and spirit.
- Fostering the feeling of empowerment.





## SHARA

### **BIO:**

Shara is a seasoned professional with over 20 years of experience in physiotherapy. She is a dedicated yoga teacher and teacher trainer, with a deep understanding of the mind-body connection and a passion for guiding others on their wellness journey.

Shara is also a level two Ayurvedic practitioner and trained in acupuncture, bringing a holistic approach to her teaching and healing practices. With her diverse background and expertise, Shara is committed to empowering individuals to unlock their full potential both physically and mentally. Focused on strength, empowerment, and holistic well-being.

## YOUR HOSTS:

## DILERI

### **BIO:**

Dileri is a Holistic Physical Therapist specializing in restoring body-mind balance for inner healing. Her unique approach includes conscious movement - focused on alignment, body touch, breathwork, tantra and astral energy healing, active and passive meditation. She believes in the integrated connection of mind, body, and soul. Dileri's system focuses on releasing what doesn't serve, strengthening, relaxing, rejuvenating, rebalancing, and recharging the body. With 10 years of experience and a background in multiple disciplines and oriental medicine, she intuitively guides individuals and workshops. She has practiced and lived in Asia, Europe, and Bermuda.



## THE VENUE



Casin'Anand, located at the gate of Lecce in southern Italy, is an enchanted oasis surrounded by greenery that offers a retreat from the modern world.

Initially a vineyard, it has been transformed into a space focused on nurturing the body, soul, and mind.

It serves as a perfect destination for those a seeking a serene environment for rejuvenation.

Wellness amenities include:

Spas, a fitness center, swimming pool, jacuzzi, sauna, and hammam.

Nature lovers can explore 15 acres of thematic gardens and a synergetic food garden.

The property offers a KM0 menu based on seasonal produce from the garden. Casin'Anand is committed to being an eco-friendly and sustainable retreat, emphasizing respect for Mother Earth and sustainability as its core principles.





## WHAT IS INCLUDED:

- 6 nights in a gorgeous sanctuary in South Italy, Puglia
- Daily Yoga, Pilates and Meditation
- Group Acupuncture session
- Group energy healing session
- Mini workshops
- Hike
- E-bike city and food tour
- Transfer to and from Brindisi airport
- Jacuzzi, Pool and Sauna
- E-bikes to explore the grounds
- Farm-to-food meals at the residence
- A night of local dance and celebration

## EXCLUDED & OPTIONAL EXTRAS

- Flight to Brindisi
- Insurance
- Alcohol
- Additional meals or beverages
- Spa treatments
- One-on-one sessions with your hosts
- E-bikes to leave the premises
- Cooking class
- Wine tour
- Transfers outside of Brindisi airport on specified arrival/departure date.



## Who is this retreat for...

Individuals looking to improve their relationship with their bodies, including those recovering from trauma, seeking self-discovery, or wanting to deepen their self-care practices. Beginners of yoga and pilates welcome.

## Benefits

- Improved body awareness and acceptance.
- Enhanced physical, mental and emotional resilience and self-confidence.
- Development of healthy lifestyle habits.
- Creation of supportive community bonds.
- Empowerment through education and experience.

## Conclusion

The "Reclaim Your Body Retreat" promises an enriching experience focused on healing and transformation. Through various engaging activities and supportive community interactions, participants will leave with renewed vitality and a deeper connection to their bodies.



## INVESTMENT:

Shared room with two luxury twin beds and ensuite bathroom: Early bird till 31 December 2024 \$4800(pp/sharing)

\$5100 (pp/sharing) from 1 January 2025

1 x Premium private room with ensuite: \$6800 (single occupancy- email for supplemental fee for additional person

30% non refundable deposit required to secure booking.

50% required by 01 March 2025

Remainder: 01 August 2025

**Accommodation option:**

4 x **Chakra rooms** - two twin beds with ensuite bathroom

21/22 sqm room

Beautifully furnished and direct access to courtyard or small balcony.

\$4650 pp/sharing

2 x **Deluxe Plus Rooms** - king or two twin beds

24 sqm room

Beautifully furnished and direct access to private terrace.

\$4900 pp/sharing

1 x **Experience Room** - king or two twin beds

19 sqm room

Beautifully furnished, luxury bathtub and direct access to private terrace and outdoor bed with netting.

\$4900 pp/sharing

1 x **Experience Room** - king or two twin beds

19 sqm room

Beautifully furnished, luxury bathtub and direct access to private swimming pool and terrace.

\$5200 pp/sharing

1x **Luxury room** - Boudoir-type King Size bed

**27 sqm room**

Mezzanine suitable for sleeping or for meditation

Bathroom with a Jacuzzi bathtub

\$5200

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# WHERE EXACTLY? HEEL OF THE BOOT, ITALY

