

A low-angle, full-body photograph of a woman with her arms raised above her head, reaching towards the sky. She is wearing a white, form-fitting tank top. The background is a bright blue sky filled with large, white, fluffy clouds. The lighting is warm and natural, suggesting a sunny day. The woman's face is tilted upwards, and her eyes are closed, conveying a sense of relaxation and connection with nature.

CORSICA

WELLNESS RETREAT



WHITE CLIFFS
CLEAR WATER
SILENCE

PRIVATE ESCAPE IN **BONIFACIO**
30 MAY / 2 JUNE

THE PROPERTY

EXCLUSIVE COLLECTION



SEA-VIEW PRIVATE VILLA

Stunning **king-size bedrooms** for comfort and relaxation.
Private pool and panoramic sea views make this villa an
exceptional oasis of peace and nature.



KING-SIZE
BEDROOMS



PRIVATE
POOL



SEA VIEW



PRIVATE
TERRACE



WI-FI



A/C





MOVEMENT LED BY **TWINSTUDIO** P I L A T E S

A **LUGANO - based** studio known for its
method-driven approach, combining
technique, control and **performance**.



FUNCTIONAL
PILATES



STRENGTH



BREATHWORK

AS PART OF THE **EXPERIENCE**



FUNCTIONAL MOVEMENT



BREATHWORK & YOGA



ROCK CLIMBING



CLIFFSIDE HIKES



COOKING CLASSES WITH
PRIVATE CHEF



HIDDEN BEACHES



OUTDOOR CINEMA NIGHT



NIGHT OUT IN BONIFACIO



LUXURY ACCOMODATION

EXTRA ACTIVITIES



HORSEBACK RIDING



BOAT DAY EXPERIENCE



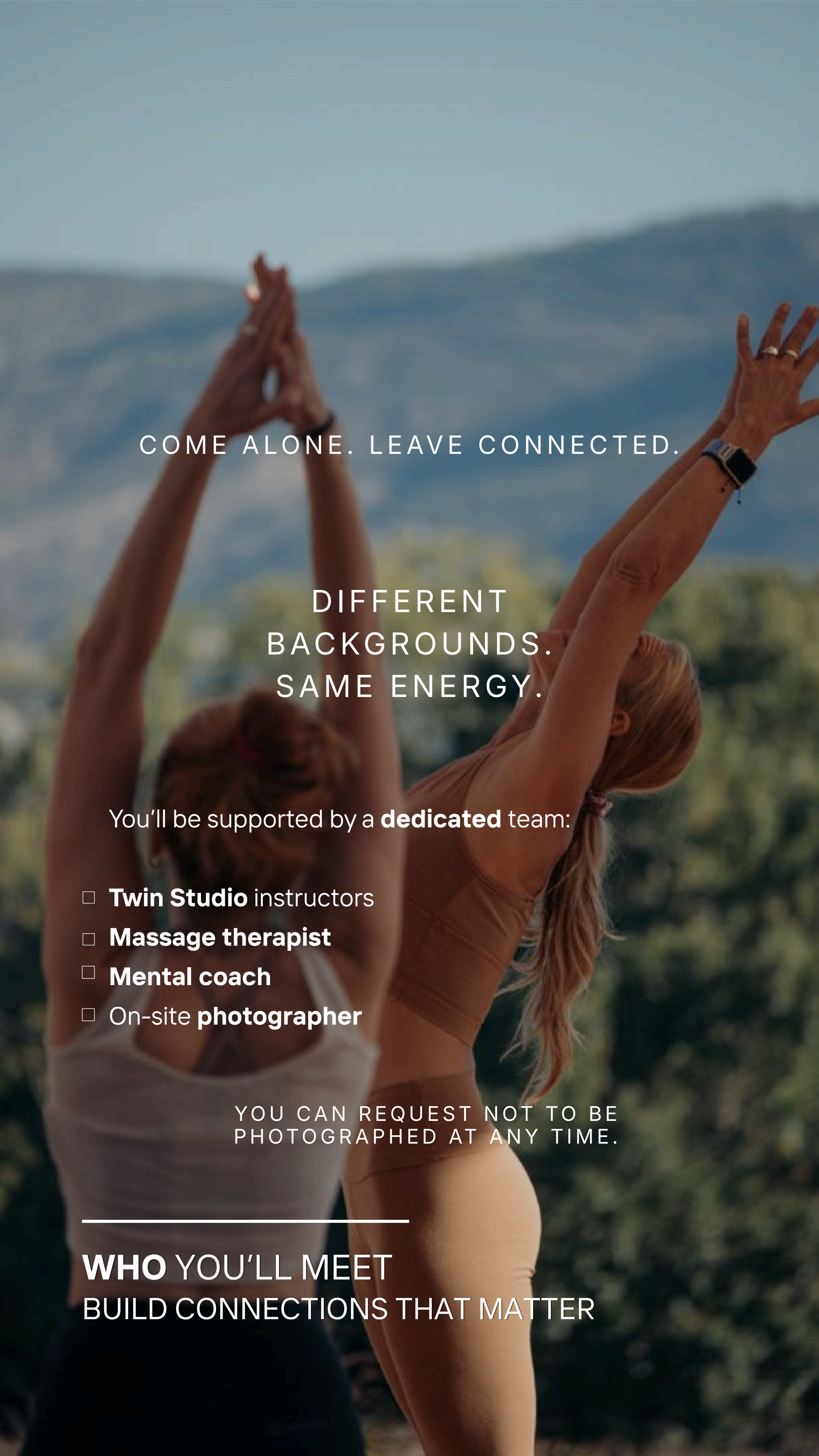
MASSAGE THERAPIST

VEGETARIAN. VEGAN. SPECIFIC
DIETARY NEEDS.

BREAKFAST,
LUNCH, DINNER
FRESH,
SEASONAL,
BALANCED

THE **FOOD** EXPERIENCE
PRIVATE CHEF OR ENTIRE THE STAY



A full-page background image showing two women from behind, practicing yoga in a mountainous landscape. They are in a similar pose with arms raised and hands clasped. The woman on the left is wearing a white tank top, and the woman on the right is wearing a brown sports bra and leggings. The background features rolling green hills and mountains under a clear blue sky.

COME ALONE. LEAVE CONNECTED.

DIFFERENT
BACKGROUNDS.
SAME ENERGY.

You'll be supported by a **dedicated** team:

- ☐ **Twin Studio** instructors
- ☐ **Massage therapist**
- ☐ **Mental coach**
- ☐ On-site **photographer**

YOU CAN REQUEST NOT TO BE
PHOTOGRAPHED AT ANY TIME.

WHO YOU'LL MEET
BUILD CONNECTIONS THAT MATTER



THE DAILY EXPERIENCE

A DAY AT THE VILLA DESIGNED FOR YOU

Days are structured around disciplined **movement**, balanced **meals**, functional **rest**, and **experiences** rooted in the background of the Mediterranean culture.

	12:00	ARRIVAL AT THE VILLA
LIGHT & SEASONAL LUNCH	12:00 / 14:00	
	15:00 / 16:00	TIME TO CHILL / MESSAGES
HORSE RIDING EXPERIENCE OR ROCK CLIMBING EXPERIENCE	16:00 / 19:30	
	20:00	SUNSET APERITIVO
DINNER UNDER THE STARS	21:00	
	22:30	“THRUTHS & VIBES” GAME LET’S GET TO KNOW EACH OTHER

SATURDAY - ARRIVAL DAY



THE DAILY EXPERIENCE

A DAY AT THE VILLA DESIGNED FOR YOU

	09:30 / 10:30	MORNING TRAINING SESSION
NOURISHING BREAKFAST	10:30 / 11:30	
	11:30 / 13:30	TIME TO CHILL / MESSAGES
LIGHT & SEASONAL LUNCH	13:30 / 14:30	
	15:00 / 17:30	BEACH TIME (GRANDE SPERONE)
SUNSET YOGA & BREATHWORK	18:00 / 19:30	
	21:00	FANCY DINNER & MUSIC IN BONIFACIO

SUNDAY - MOVE & OPEN



THE DAILY EXPERIENCE

A DAY AT THE VILLA DESIGNED FOR YOU

	09:30 / 10:30	MORNING TRAINING SESSION
NOURISHING BREAKFAST	10:30 / 11:00	
	11:15 / 17:00	BOAT DAY
LIGHT & SEASONAL LUNCH ON THE BOAT		
	18:00 / 19:30	SUNSET YOGA & BREATHWORK
DINNER	20.00 / 21:30	
	21:30	MOVIE NIGHT UNDER THE STARS

MONDAY - EXPERIENCE DAY



THE DAILY EXPERIENCE

A DAY AT THE VILLA DESIGNED FOR YOU

	09:30 / 10:30	MORNING TRAINING SESSION
BRUNCH	10:30 / 11:30	
	12:00 / 15:00	SCENIC WALK IN BONIFACIO AND SMALL BITES
CLOSING MOMENTS	15:00 / 16:00	
	16:00 / 17:30	YOGA & BREATHWORK
CLOSING MOMENTS	18:00 / 19:00	
	19:00	DEPARTURE

TUESDAY - RESET & DEPARTURE

OPTION 1 - VIA NICE (RECOMMENDED FROM MILAN)

- ❑ TRANSFER: MILAN → NICE
- ❑ GROUP TRANSFER: NICE → FIGARI
- ❑ FLIGHT: NICE → FIGARI ✈️
- ❑ FROM BONIFACIO : 20 MINUTES DRIVE TO THE VILLA

Every transfer is curated by local

OPTION 2 - VIA OLBIA

- ❑ FLIGHT: MILAN → OLBIA ✈️
- ❑ TRANSFER: OLBIA → SANTA TERESA
- ❑ FERRY: SANTA TERESA → BONIFACIO (25 MIN)
- ❑ FROM BONIFACIO: 10 MINUTES DRIVE TO THE VILLA

Depending on where you're traveling from, the team will assist you in choosing the best flight option.

HOW TO GET THERE ?
THERE ARE **TWO** MAIN OPTIONS

LIMITED SPOTS

JOIN US.

€1600 → ALL-INCLUSIVE EXPERIENCE
(FLIGHTS NOT INCLUDED)

To confirm your spot:

- ☐ 30% deposit required within 1 week of admission confirmation → **480 €**
- ☐ Remaining balance (the amount of money that is left) due by May 2nd

NAME : HARMONIA DI BEATRICE ZACCARDI

IBAN : IT19U0326801603052732356010

PAYMENT REASON : RETREAT CORSICA