

CAPOBIANCO ORGANIC FARM

PUGLIA

WELLNESS RETREAT

16 — 20 JULY

EXCLUSIVE INVITE. NON - TRANSFERABLE.

DISCOVER PUGLIA

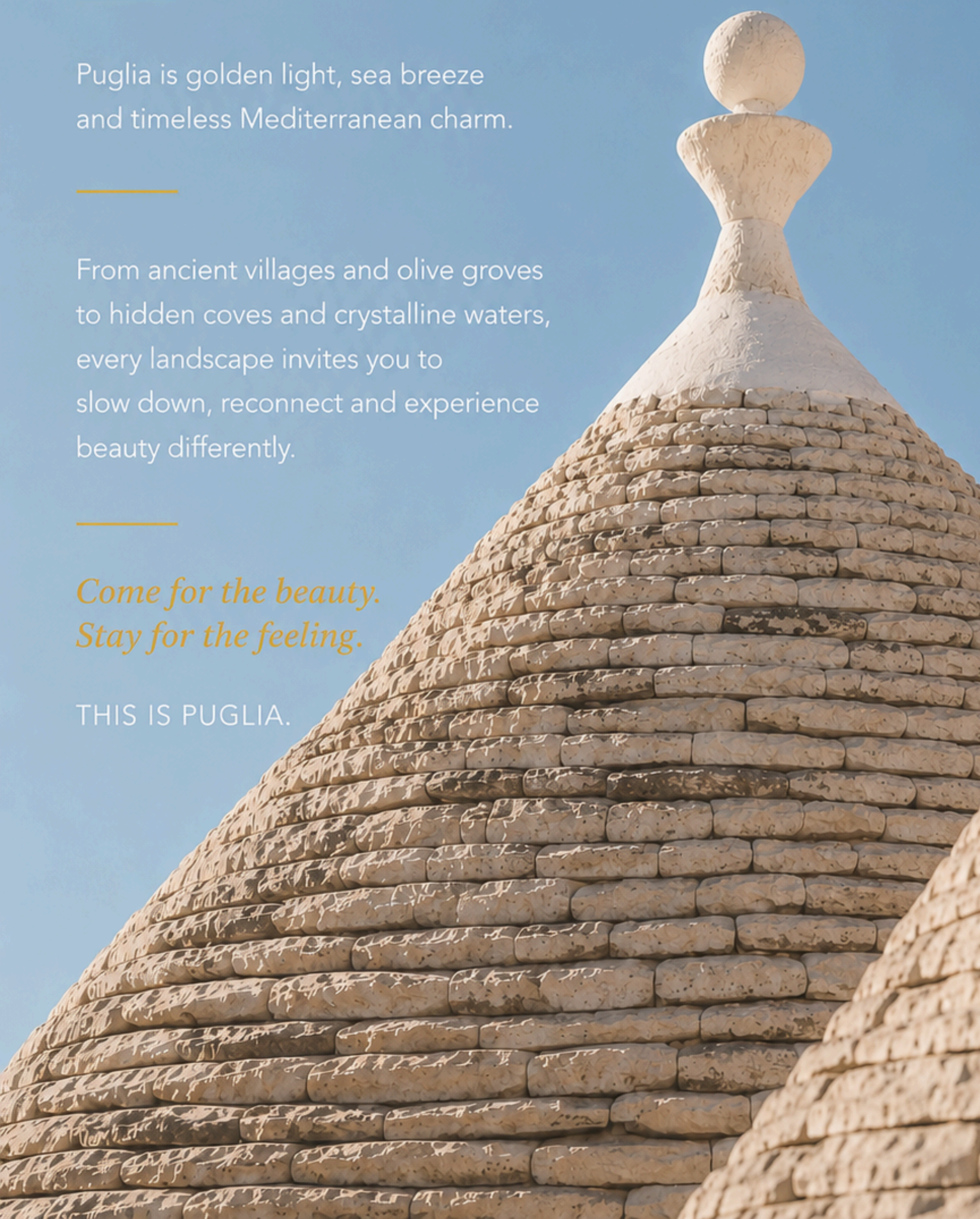
A LAND OF BEAUTY
AND CONTRASTS

Puglia is golden light, sea breeze
and timeless Mediterranean charm.

From ancient villages and olive groves
to hidden coves and crystalline waters,
every landscape invites you to
slow down, reconnect and experience
beauty differently.

*Come for the beauty.
Stay for the feeling.*

THIS IS PUGLIA.





HARMONIA

THE PROPERTY

EXCLUSIVE COLLECTION

CAPOBIANCO ORGANIC FARM

Capobianco Organic Farm was born from a vision rooted in authenticity, nature and Mediterranean living.

Located in the heart of Puglia, the farm blends organic agriculture, contemporary hospitality and slow living experiences.

White stone architecture, organic fields, olive trees and warm summer nights create the perfect setting for restoration and connection.



14 GUESTS
ONLY



PRIVATE
ROOMS



ORGANIC
FARM



OUTDOOR
SPACES



10 MINUTES
FROM FOGGIA
AIRPORT



Luxury Suites



Olive Grove Poolside

HARMONIA

RACHELE CAPOBIANCO

OUR HOST & FOUNDER

Rachele Capobianco is the heart and soul behind Capobianco Organic Farm.

As your host, she welcomes you with warmth, care, and a genuine love for her land.

Rachele believes in the beauty of slowing down, in meaningful connections, and in living in harmony with nature.

Her greatest joy is sharing the farm with guests, inviting you to experience the authentic rhythm of Puglia.





HARMONIA



AS PART OF THE EXPERIENCE



SUNRISE HIKES



SOUND HEALING JOURNEY



MINDFUL MOVEMENT -
YOGA & PILATES



OPEN-AIR MOVIE NIGHT



AYURVEDIC MASSAGE RITUALS



GUIDED JOURNALING



SUNSET BOAT DAY



FACE YOGA



FARM-TO-TABLE COOKING CLASS

A photograph of a white building with a large arched doorway. A tree with bare branches is in the foreground, and its shadow is cast on the building's wall. The scene is set in a field of tall grass and yellow flowers.

COME ALONE. LEAVE CONNECTED.

DIFFERENT
BACKGROUNDS.
SAME ENERGY.

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

Sports instructors

Ayurvedic massage therapist

Mental coach

Private chef

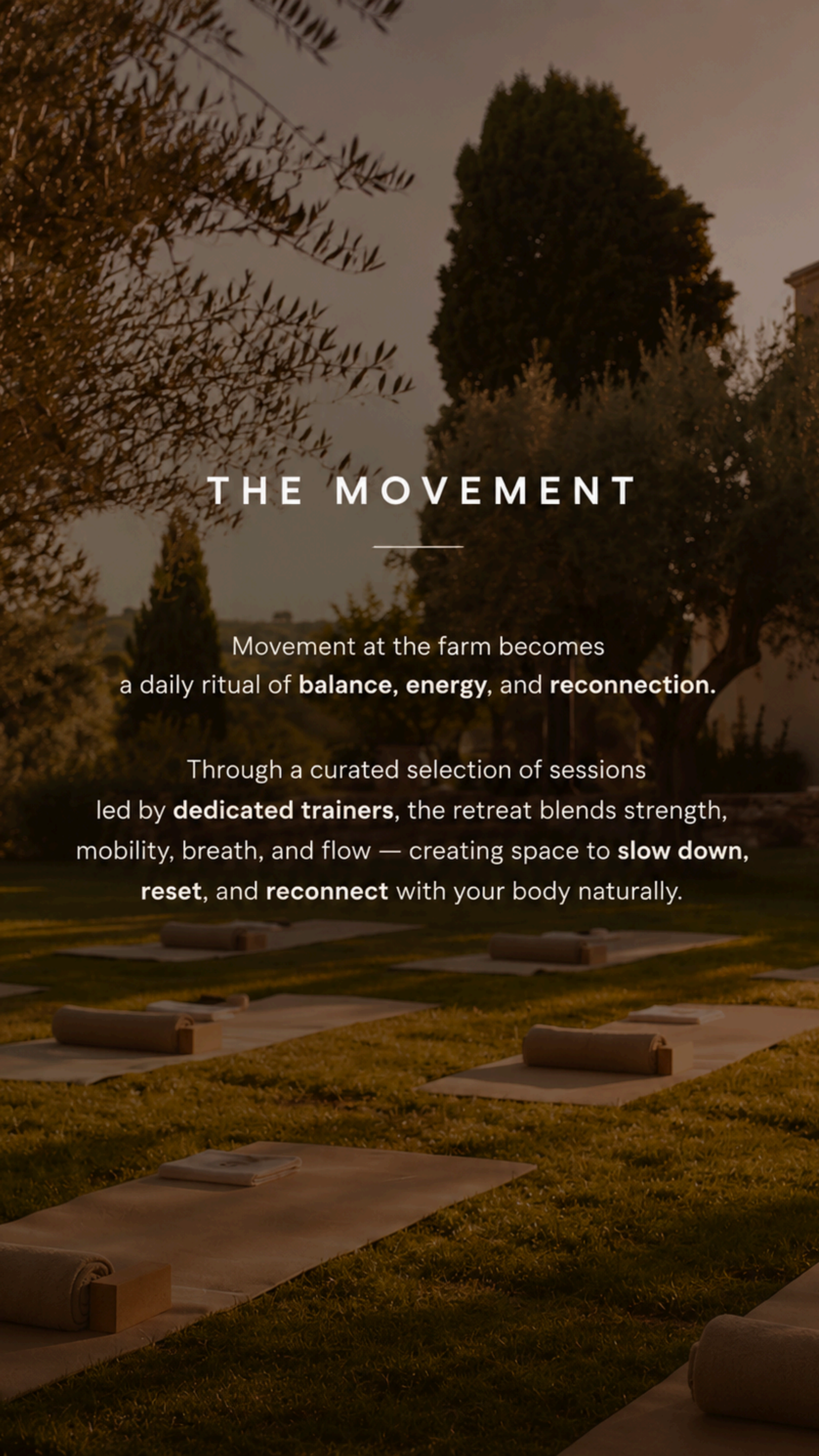
On-site **photographer**

YOU CAN REQUEST NOT TO BE
PHOTOGRAPHED AT ANY TIME.

WHO YOU'LL MEET
BUILD CONNECTIONS THAT MATTER



HARMONIA



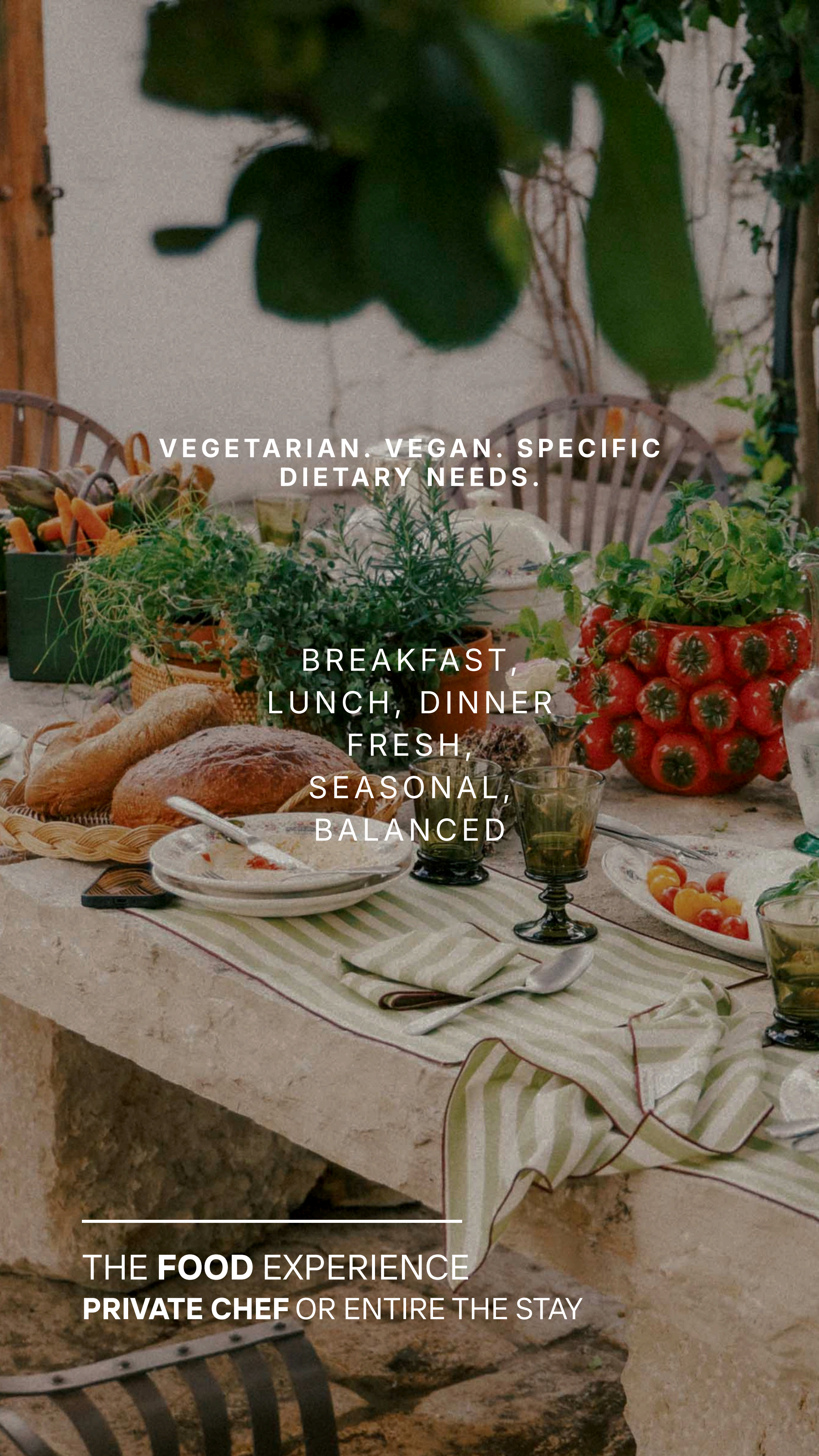
THE MOVEMENT

Movement at the farm becomes
a daily ritual of **balance**, **energy**, and **reconnection**.

Through a curated selection of sessions
led by **dedicated trainers**, the retreat blends strength,
mobility, breath, and flow — creating space to **slow down**,
reset, and **reconnect** with your body naturally.



HARMONIA

A rustic outdoor dining table set with fresh vegetables, bread, and glassware. The table is covered with a green and white striped tablecloth. On the table, there are several baskets of fresh produce, including carrots, leafy greens, and a large bowl of cherry tomatoes. There are also loaves of bread, plates with food, and glasses of water. The background shows a white wall and some greenery.

VEGETARIAN. VEGAN. SPECIFIC
DIETARY NEEDS.

BREAKFAST,
LUNCH, DINNER
FRESH,
SEASONAL,
BALANCED

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



HARMONIA



THE DAILY EXPERIENCE

A DAY AT THE FARM 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	16:00 / 19:30	
	20:00	SUNSET APERITIVO & ARTISANAL CHEESE MAKING WORKSHOP
DINNER UNDER THE STARS	21:00	
	22:30	"THRUTHS & VIBES" GAME LET'S GET TO KNOW EACH OTHER

THURSDAY 16TH - ARRIVAL DAY



THE DAILY EXPERIENCE

A DAY AT THE FARM 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
SUNSET YOGA & BREATHWORK	18:00 / 19:30	
	21:00	EXCLUSIVE WINE TOURS & VINEYARD TASTING AND DINNER

FRIDAY 17TH - MOVE & OPEN

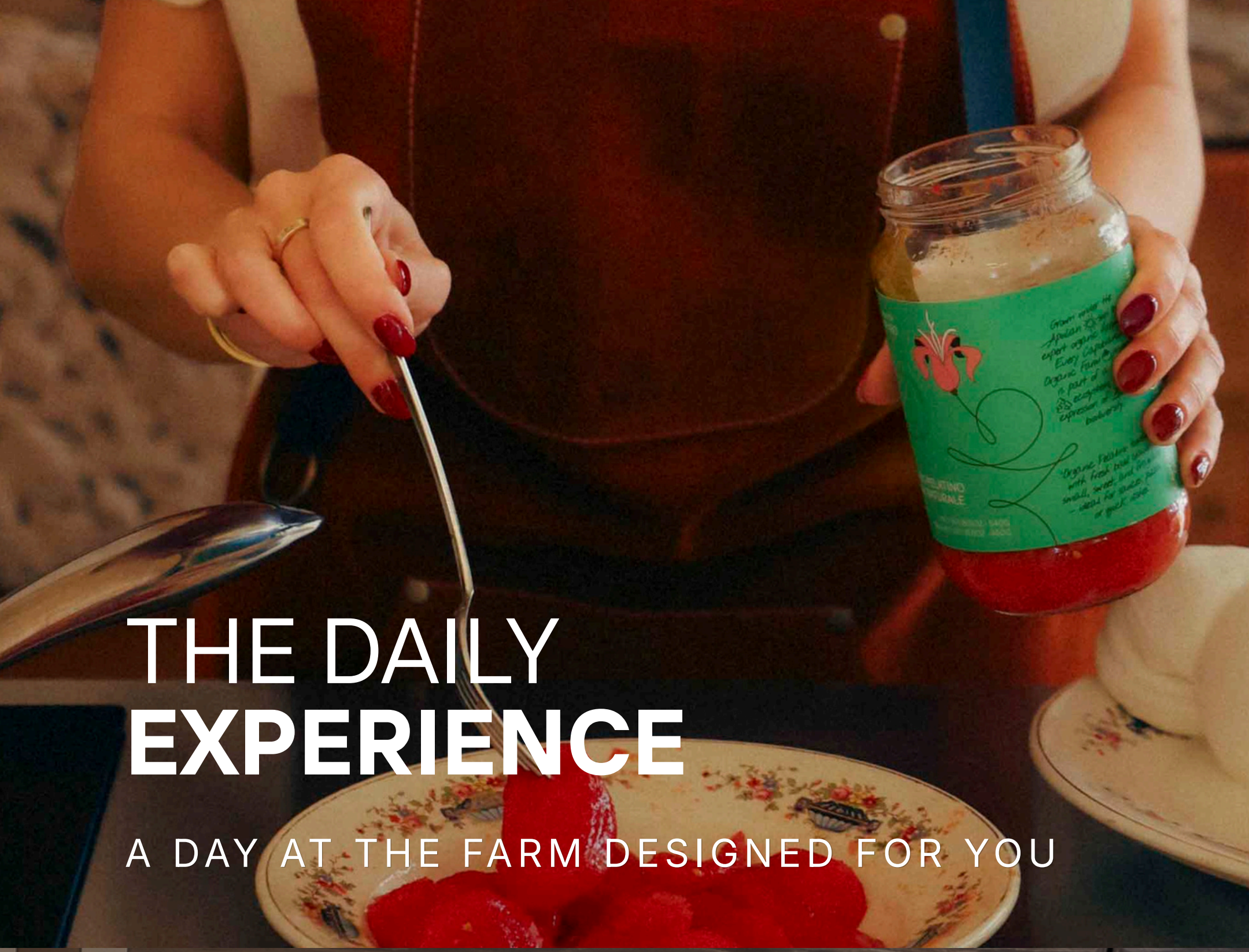


THE DAILY EXPERIENCE

A DAY AT THE FARM 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 / 20:30	AUTHENTIC COOKING CLASS
DINNER	20.00 / 21:30	
	21:30	MOVIE NIGHT UNDER THE STARS

SATURDAY 18TH - EXPERIENCE DAY



THE DAILY EXPERIENCE

A DAY AT THE FARM DESIGNED FOR YOU

	09:30 / 10:30	MORNING TRAINING SESSION
BRUNCH	10:30 / 11:30	
	12:00 / 15:00	SCENIC WALK IN TOWN AND SMALL BITES
ARTISANAL CHEESE MAKING WOKRSHOPS	15:00 / 16:30	
	18.00/ 19.00	YOGA & BREATHWORK
AUTHENTIC DINNER IN TOWN	21:00	
	8.00 +1	DEPARTURE

SUNDAY 19TH - RESET & DEPARTURE

OPTION 1 – DIRECT FLIGHT TO FOGGIA (RECOMMENDED FROM MILAN)

- ✈️ FLIGHT: MILAN LINATE → FOGGIA
- ✈️ DIRECT FLIGHT WITH AEROITALIA
- ✈️ FLIGHT TIME: APPROX. 1H 30MIN
- ✈️ PRIVATE TRANSFER: FOGGIA AIRPORT →
CAPOBIANCO ORGANIC FARM

Only a few minutes separate the airport from the farm, making this the most seamless and comfortable option for guests.

OPTION 2 – VIA BARI

- ✈️ FLIGHT: MILAN → BARI
- ✈️ PRIVATE DRIVER OR GROUP TRANSFER
- ✈️ APPROX. 1H 40MIN DRIVE TO THE FARM

A beautiful scenic route through the Apulian countryside, ideal for guests arriving from international connections.

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 June 10th

NAME : HARMONIA DI BEATRICE ZACCARDI

IBAN : IT19U0326801603052732356010

PAYMENT REASON : RETREAT CORSICA