

DATU

WELLNESS RETREAT

WEEKLY RETREAT PROGRAM

Datu seamlessly weaves together the threads of ancient wisdom with your contemporary realities so you can indulge in the gift of self-care. We offer a daily group programme of mindfully selected classes designed to invigorate your body, calm your mind and uplift your spirit.

Most activities take place around our medieval Borgo. Some are external or weather permitting, such as the Thermal Hot Springs, Tuscan Culture tours, the hikes and organic farming introduction. Our practitioners lead all group activities which are designed to complement your transformative wellbeing experience and are included for all guests.

Please arrive two to five minutes before the starting time to secure your spot and not to disturb the activity once it's started.

DAY 1

7:00am - 7:50am
Yoga Asana
Awareness | Breathing | Posture

8:00am - 8:45am
Nature Walk*

9:15am - 9:45am
Om Chanting

10:30am - 11:15am
Movement in the pool*

11:30am - 12:00pm
Yoga Asana

12:15pm - 1:00pm
Which Asana practice is right for me

2:00pm - 2:30pm
Yoga Nidra
withdrawal of senses with awareness

3:30pm - 4:00pm
Raag Therapy

5:00pm - 5:45pm
Yoga Pranayama
Breathing | Relaxation

DAY 2

7:00am - 7:50am
Yoga Asana
Awareness | Breathing | Posture

8:00am - 10:30am
Organic Farming Intro*

9:15am - 9:45am
Tratak

11:30am - 12:00pm
Yoga Asana

12:00pm - 1:00pm
Nutrition Lesson

2:00pm - 2:30pm
Yoga Nidra
withdrawal of senses with awareness

3:00pm - 8:00pm
Thermal Hot Spring Visit

3:30pm - 4:00pm
Raag Therapy

5:00pm - 5:45pm
Yoga Pranayama
Breathing | Relaxation

6:00pm - 7:00pm
Talk - Patanjali's Yoga Sutras

DAY 3

7:00am - 7:50am
Yoga Asana
Awareness | Breathing | Posture

9:15am - 10:00am
Gom Meditation

10:00am - 2:00pm
Tuscan Culture Tour*

11:00am - 11:30am
Our Medieval Borgo - An Introduction

11:30am - 12:00pm
Yoga Asana

2:00pm - 2:30pm
Prajna - Yoga Nidra
withdrawal of senses with awareness

2:45pm - 3:15pm
Walking Meditation

3:30pm - 4:00pm
Raag Therapy

4:30pm - 5:00pm
Music Recital

5:00pm - 5:45pm
Yoga Pranayama
Breathing | Relaxation

6:00pm - 7:00pm
Talk - An Introduction to Buddhist
Philosophy.

*weather permitting.

DAY 4

7:00am - 7:50am
Yoga Asana
Awareness | Breathing | Posture

9:15am - 10:00am
Shamatha Meditation

10:30am - 11:15am
Movement in the pool*

11:30am - 12:00pm
Madhyan Yoga
light movement of joints and body.

12:00pm - 1:00pm
Cooking Class

2:00pm - 2:30pm
Yoga Nidra
withdrawal of senses with awareness

3:30pm - 4:00pm
Raag Therapy

4:30pm - 5:00pm
Music Recital

5:00pm - 5:45pm
Yoga Pranayama
Breathing | Relaxation

6:00pm - 7:00pm
Talk - The Wisdom of Ayurveda and
my Dosha

DAY 5

7:00am - 7:50am
Yoga Asana
Awareness | Breathing | Posture

8:00am - 12:00pm
Siena Culture Tour*

8:00am - 8:45am
Power Walk

9:15am - 10:00am
Gom Meditation

11:00am - 11:30am
Mindful for Midday

11:30am - 12:00pm
Madhyan Yoga

2:00pm - 2:30pm
Yoga Nidra
withdrawal of senses with awareness

2:45pm - 3:15pm
Walking Meditation

3:30pm - 4:00pm
Raag Therapy

5:00pm - 5:45pm
Yoga Pranayama
Breathing | Relaxation

6:00pm - 7:00pm
Talk - Sowa Rigpa: Ancient Science of
Tibetan Healing

DAY 6

7:00am - 7:50am
Yoga Asana
Awareness | Breathing | Posture

9:15am - 9:45am
Tratak

10:00am - 11:00am
An Introduction to Pujas

11:30am - 12:00pm
Yoga Asana
light movement of joints and body

12:00pm - 1:00pm
Cooking Class
From Farm to Table

2:00pm - 2:30pm
Yoga Nidra
withdrawal of senses with awareness

3:30pm - 4:00pm
Raag Therapy

5:00pm - 5:45pm
Yoga Pranayama
Breathing | Relaxation

6:00pm - 7:00pm
Talk - The Art of Traditional Chinese
Medicine

7:00pm - 9:00pm
Live Music

DAY 7

7:00am - 7:50am
Yoga Asana
Awareness | Breathing | Posture

8:00am - 9:00am
Walk in Tuscan Hills*

9:15am - 9:45am
Om Chanting

11:30am - 12:00pm
Yoga Asana

12:00pm - 12:45pm
Lesson on Satvic Beverages

2:00pm - 2:30pm
Yoga Nidra
withdrawal of senses with awareness

3:30pm - 4:00pm
Raag Therapy

5:00pm - 5:45pm
Yoga Pranayama
Breathing | Relaxation