



Energy Reset

Yoga Escape
at Lake Moro
(2h from Milan)

**September 25-27
2026**

The concept

Sun salutations, stretches, and lake splashes!

Experience a **rejuvenating weekend retreat at the enchanting Lake Moro**, tucked between Brescia and Sondrio, where we'll welcome the golden warmth of early autumn together! This is a moment to embrace **self renewal** and **meaningful connection**.

September Reset is more than just a getaway. **It's a chance to reset, rediscover joy, and reconnect with your inner rhythm.** Enjoy Energizing **Vinyasa** and Relaxing **Yin Yoga** set against breathtaking landscapes, take refreshing dips in the lake's crystal waters, try Stand Up Paddle, savor wholesome vegetarian meals, and dive into **creative workshops** and **coaching** that inspire self-exploration.

Reconnect with yourself, nature, and a community of kindred spirits during a weekend overflowing with movement, mindfulness, and the right dose of lightness. Whether you seek tranquility, inspiration, or a blend of both, this retreat offers it all, wrapped in the soft, amber light of the season's transition.

Recalibrate, flow into the new season with intention, and immerse yourself in the richness of the present moment!



The retreat



Program

Overview

The retreat will take place from
Friday 25th to Sunday 27th September 2026
2.5 days — 2 nights

Highlights

- Vinyasa
- Yin Yoga & Sound
- Guided Mindful Journaling
- Creative Vision Boarding
- Wine Tasting
- Nature Walks
- Free time to relax, read, swim and try stand-up paddle or canoë on the lake
- 3 hearty vegetarian meals a day

All levels of yoga practice are welcome!



Day 1

- **From 15:30** — Arrival at the Villa (later arrivals are possible too), time to settle, meet the others, welcome tea & snacks
- **17:30** — Opening Circle & First Yoga practice
- **19:15** — Wine Tasting
- **20:00** — Dinner
- **21:30** — Relax & chats

Day 2

- **08:00 - 09:00** — Light breakfast
- **09:00 - 10:00** — Journaling – Set your vision
- **10:00 - 11:30** — Energizing Vinyasa
- **11:30 - 13:00** — Brunch
- **13:00 - 15:30** — Walk in nature / SUP / Free Time
- **16:00 - 18:00** — Vision Boarding
- **18:00 - 20:00** — Yin Yoga & Sound
- **20:00 - 21:30** — Dinner
- **21:30** — Chats, movie night, ...

Day 3

- **08:00 - 09:00** — Breakfast
- **09:00 - 11:00** — Walk in nature / SUP / Relax
- **11:00 - 12:30** — Empowering Vinyasa
- **13:00 - 16:00** — Lunch and free time
- **16:00** — Packing and Goodbyes!

Packages

Price is all included:

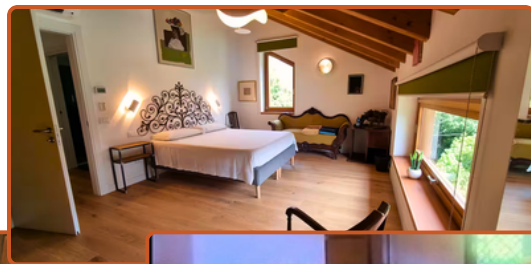
- ✓ 2 nights accomodation
- ✓ 4 Yoga practices with two teachers and all the mindful activities
- ✓ 1 big brunch, 1 breakfast, 1 lunch, 2 dinners
- ✓ Tea, coffee & snacks at all times

• What is not included?

The transport to the villa, but we organize carpooling

Small venue: 8 spots only, rooms will sell-out fast.

Don't wait too long to book to avoid disappointment!



King Bedroom (lake view)

Ensuite toilet

Single use: 480€

Shared use: 385€ per person

King Bedroom (lake view)

Shared toilet

Single use: 460€

Shared use: 365€ per person

Quadruple Bedroom

Ensuite toilet

4 single beds in a massive bedroom

350€ per person

King Bedroom (Mountain view)

Ensuite toilet

460€ per person

Shared use: 365€ per person



How to book?

1. **Send an email to retreats@beyondyogamilan.com**

Subject: Lake Moro September Retreat

Specify your name, your email address & phone number.

Or a DM on WhatsApp: +39 3388922688

2. You will **set up an account** on our BSPORT platform

[If you don't have one already]

3. Upon confirmation of availability, we will send you a link to secure your spot. A **deposit of 150€** is required to secure your spot.

4. **We will send you links to pay the rest of the amount. You can choose the number of instalments. Full payment needs to be done by September 6th.**

5. Before retreat starts, **fill up the online form sent to you** and **inform us of any allergies.**

Refund & cancellation policy:

- The deposit will be given back to you in full in case the retreat doesn't reach the minimum capacity to start
- 100% refund if cancellation occurs before 01/08
- 50% refund if cancellation occurs before 25/08
- No refund from 25/08 and for no or late shows

FAQ

How do I get to Lake Moro?

The Villa is accessible **by car, around 2-2h30 from Milan.**

Carpooling will be organized on the WhatsApp Group that will be created before the retreat start. Renting and sharing a car from the city such as **ShareNow** is also great option.

Do I need to bring a yoga mat?

No, **a yoga mat will be provided** on site, but feel free to bring your own mat if you prefer!

What about the meals?

The **meals are vegetarian and highly nourishing** — We promise you won't go hungry! We also provide **coffee, tea, and snacks** at all times throughout the day.

We can **adapt the menu to your dietary restrictions.** Please communicate clearly about your food intolerances or allergies way before retreat start.

What to bring?

We will send you a **specific packing list on the WhatsApp group** according to the weather. Overall, we recommend you bring comfortable clothings in which you can move freely, layers to add on & shawls for meditation, your bathing suit and shoes to explore around!

About us



Giulia

500hrs Yoga Alliance Certified Yoga Teacher

Level III Sound Healer

@theyogiu @beyond_milano

- Vinyasa & Hatha Yoga
- Yoga Nidra & Sound Heale



Camille

Founder of @beyond_milano studio

300+hrs ERYT Yoga Alliance Certified Yoga Teacher

- Yin Yoga & Mobility
- Meditation, Yoga History & Philosophy



Final words

Because there is nothing more gratifying for us than to know that you are happy and in the right place for you - just as there is nothing worse than to know that you are disappointed - clarity and transparency are necessary!

- **This retreat is for you if:** you enjoy doing yoga (regardless of your level), if you wish to recharge and quiet your mind, if you profoundly like other people and are willing to contribute to group living, if you are sensitive to beautiful natural environments.
- **Conversely, this retreat is not for you if:** you expect 5* hotel-grade amenities & around-the-clock services, to visit all the hotspots of the region with the group, to party hard, or a fully-programmed trip with no space for spontaneity and reflection/individual time. If you don't want to share experiences with others.

Looking forward to sharing this beautiful escape with you all!

Namaste

Camille & Giulia