

High Vibrations

Yoga Escape at Cascina Mima

Alessandria
(1h15 from Milan)

November 13-15 2026

The concept

Tune back into the higher frequency of your soul

Experience a **soulful weekend retreat** at the magical Cascina Mima, nestled in the heart of Alessandria, as we gather to embrace the sacredness of autumn. This is a moment to **go inward, elevate your energy, and remember who you truly are.**

High Vibration is more than just an escape. It's **an invitation to rise, to shed what no longer serves you, and to realign with your highest self.** Immerse yourself in **chakra-balancing Vinyasa Flows** and deeply **healing Yin Yoga & Sound Bath**, nourish your body with conscious, wholesome **vegetarian Ayurvedic meals**, and open your heart through **transformative workshops, yoga philosophy and guided meditations** designed to unlock your inner wisdom.

Reconnect with your spirit, with the earth beneath your feet, and with a benevolent community during a weekend steeped in **presence**, **intentionality**, and **high energy**. **Let the magic of Cascina Mima** hold you as you slow down, strip away the noise of everyday life and tune back into yourself.

Elevate, align, and step into the fullness of who you are — one sacred breath at a time.



The location













Program

Overview

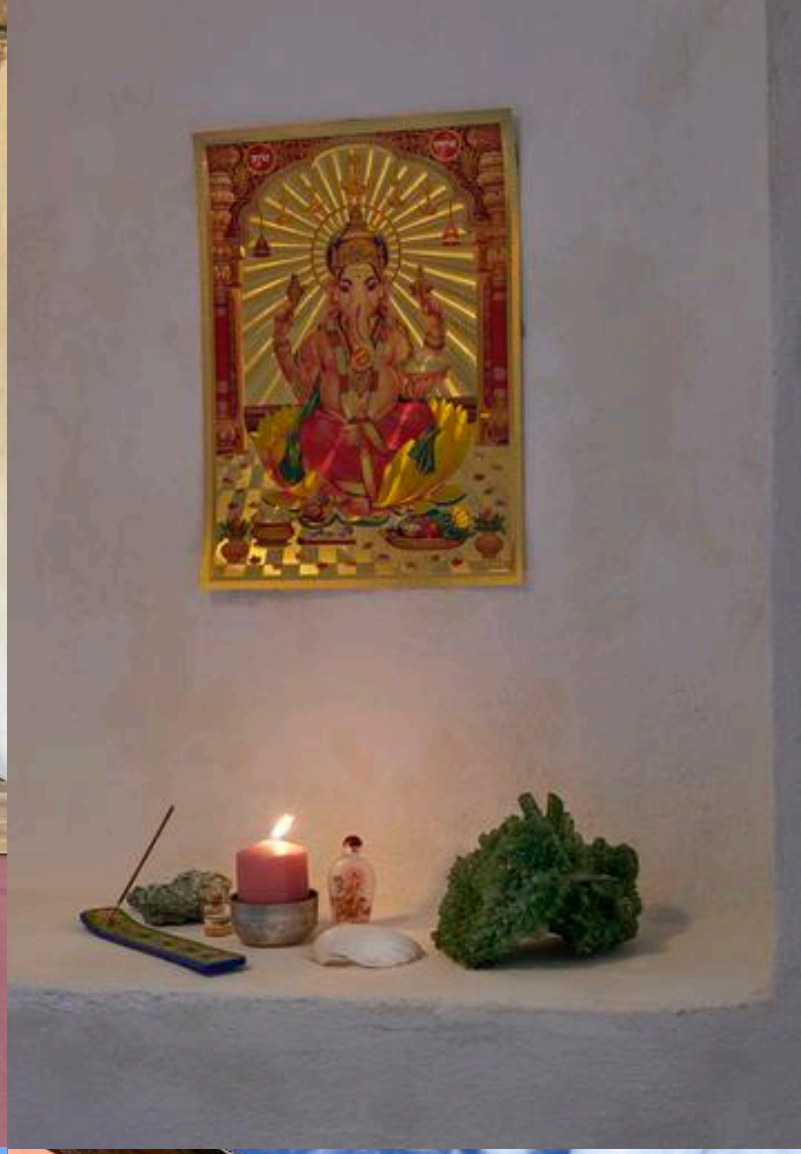
The retreat will take place from
Friday 25th to **Sunday 27th September 2026**
2.5 days — 2 nights

Highlights

- Chakra-balancing Vinyasa Flows
- Yin Yoga & Somatic Release
- Fire & Shadow Work Rituals
- Mindfulness, yoga philosophy & pranayama sessions
- Nature Walks
- Ceramics workshop
- Free time to relax
- 3 hearty vegetarian Ayurvedic meals a day

All levels of yoga practice are welcome!









Schedule

Day 1

- **From 16:00 —** Arrival at the Villa (later arrivals are possible too), time to settle, meet the others, welcome tea & snacks
- **17:30 —** Opening Circle + Detox Vinyasa Flow
- **19:15 —** Fire Ritual: “Shedding old leaves”
- **20:00 —** Dinner
- **21:30 —** Relax & chats

Day 2

- **08:00 - 09:00** — Light breakfast
- **09:00 - 10:00** – Yoga philosophy & mindfulness
- **10:00 - 11:30** — Chakra Balancing Flow
- **11:30 - 13:00** — Brunch
- **13:00 - 15:00** — Free time / Walk in nature
- **15:00 - 17:00** — Ceramics Workshop
- **17:30 - 18:30** — Shadow Work & Group Session
- **18:30 - 20:00** — Somatic Yin Yoga
- **20:00 - 21:30** — Dinner
- **21:30** — Relax and Chats

Day 3

- **08:00 - 09:00** — Breakfast
- **09:00 - 10:00** — Yoga philosophy & Trataka Meditation
- **10:00 - 11:30** — Ashtanga-Inspired Flow
- **12:00** – Last collective lunch
- **13:00 - 16:00** — Free time, nature walks & packing
- **16:00** — Goodbyes!

Changes could be made occur based on group preferences & weather.
All activities are optional.

Packages

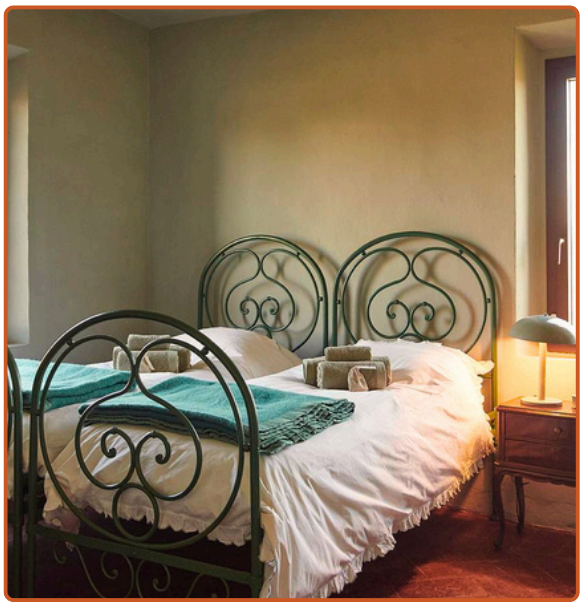
Price is all included:

✓ 2 nights accomodation
✓ 4 Yoga practices with two teachers and all the mindful activities
✓ 1 big brunch, 1 breakfast, 1 lunch, 2 dinners - Vegetarian & Ayurvedic
✓ 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.



Twin Bedroom

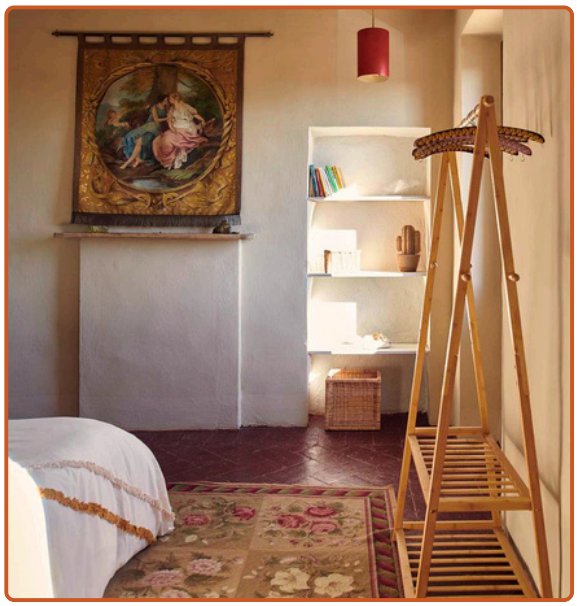
Ensuite toilet

450€ per person

Twin Bedroom

Shared Toilet

420€ per person



King Bedroom

Private toilet

Shared use: 420€ per person









How to book?

1. **Send an email to retreats@beyondyogamilan.com**
Subject: Cascina Mima November 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 November 1st.**

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 01/10
- 50% refund if cancellation occurs before 15/10
- No refund from 16/10 and for no or late shows

FAQ

How do I get to Cascina Mimma?

The Villa is accessible **by car or by train, circa 1h20 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.

Other option is to take the regional **train to Alessandria** and then **Bus 45, direction ALTAVILLA MORETTA** - Cittadella
Stop name: **QUARGNENTO - Piazza I Maggi** (5 min drive from villa)

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 Ayurvedic, 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 intollerances 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 Yoga and Ashtanga-Inspired
- Yoga Nidra & Sound Healing



Camille

Founder of @beyond_milano studio

300+hrs ERYT Yoga Alliance Certified Yoga Teacher

- Yin Yoga
- Yoga Philosophy & Meditation



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